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ABSTRACT

This manual was developed as part of a program to create an awareness of library services for older adults, dispel myths of aging, and generate innovative programming. The first section offers a profile of aging and presents facts on older Oklahomans, reading habits of older adults, developmental tasks of aging and middle age, information needs and information seeking of older adults, and ageism. A worksheet on myths and stereotypes about aging, a quiz on aging, and a list of terms are also included. The second section covers library services to older adults, including American Library Association guidelines on library responsibilities and service to this age group, service ideas, a needs assessment survey, an ergonomic checklist, and tips for working with older patrons. Programming ideas for older adults and intergenerational audiences are presented in the third section, together with suggestions for better outreach programs, a calendar of holidays and special events, relevant poems and quotes, and publicity ideas. The fourth section includes several bibliographies. The themes include: libraries, reading, and older adults; aging/working with older adults; federal publications; nonfiction materials; novels; magazines and newsletters; children's books with intergenerational themes; packaged program kits; films; and audiovisual materials. The final section lists additional resources such as state and national organizations, publishers, vendors, and miscellaneous products and services. (MES)

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LIBRARIES FOR A LIFETIME

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MISCELLANEOUS

PREFACE

In an effort to create an awareness of library services for older adults, dispel some of the myths of aging and generate innovative programming and services for older adults, the Oklahoma Department of Libraries has developed the LIBRARIES FOR A LIFETIME campaign.

This manual is a compilation of information on resources, book lists, program ideas, service suggestions and a summary of facts on aging. The loose-leaf design allows for the easy addition of information as it is acquired. When you discover new resources or encounter new ideas, add them to this notebook for a quick reference file of information on library services for the aging.

It is our hope that you will feel the urgency to provide essential services and up-to-date programming for older adults. Your commitment to library service to the aging is sure to impact this diverse and rapidly growing segment of the population.

If you have any comments or additions on this subject, the Public Information Office would be pleased to hear from you. Please write or call (405) 521-2502 or 1-800-522-8116.

INTRODUCTION

America is growing older! This has been the cry repeated across the nation by demographers, social scientists and those involved in service to the public. So what difference does it make? Well it makes a big difference to those who work directly with the public, and eventually it will affect all of society.

The aging of America is no longer a new subject. There have been countless studies, conferences, books, articles and workshops--all on the subject of aging. The number of elderly Americans is growing steadily each year and unless we take planned steps to prepare for this large segment of the population, we may regret our negligence.

Realization of this population shift has slowly begun to be recognized. America's obsession with youthfulness will have to adapt to reality. In 1960 one person in ten was over the age of 65, but by the middle of the next century, this percentage will double. The older population growth will slow somewhat during the 1990's because fewer babies were born during the Great Depression, but between 2010 and 2030 when the "baby boom" generation reaches age 65, the elderly population will experience its greatest increase. While the elderly population is increasing, other population segments are decreasing. Not only will there be more older Americans but they will be living longer and healthier lives.

Work must be done now to prepare for the immediate needs of today's elderly,as well as for the anticipated growth in the future. The elderly as an age group have many similar characteristics but they are by no means a homogeneous group. Different levels of age have been defined within the older adult population:

"Young-old": 50-65 years old.
"Middle-old": 66-75 years old.
"Old-old": 75 years and older.
"Centenarians": 100 years and older.

These groups can be divided even further by identifying:

- **Active, Dependent and Fully Dependent elderly**
- **Frail elderly**; partially impaired by health/sensory loss.
- **Institutionalized elderly**; 5% of people 65 and older are in long-term health care facilities on any one day. 25-50% will be in a nursing home at some point in their lives.
- **Poor older people**; approximately 25% of people over 65 and older live at or below the poverty level.
- **Minority elderly**; increased risk of poor education, substandard housing, poverty, malnutrition and generally poor health.

Other groups that should be included in library service to the aging are:

- **Family caretakers:** approximately 18% of older people live with one of their children.
- **"The Squeeze Generation":** Middle-aged people who are caregivers to both dependent children and parents.
- **Aging professionals:** staff of health care and daycare facilities, senior centers, nutrition and other programs, etc.
- **The general public:** our aging society.

Libraries have the opportunity as well as the responsibility to play a dynamic role in serving the aging population in a positive way. The following pages provide profiles of elderly Americans which will help you address the needs of older adults in your community.

"Grow old along with me!
The best is yet to be,
The last of life, for which the first was made."

--Robert Browning

Some information reprinted from **Working With Older Adults: A Handbook for Libraries**, 2d ed.by Rhea Joyce Rubin and Gail McGovern, California State Library, October 1988.

AN OVERVIEW OF AGING

Because each person is the unique product of everything experienced in life, each person becomes increasingly unique as life progresses. Behavior patterns developed over a lifetime, such as emotional outlook and personal health practices, help to determine capacity to react and adapt to stress as well as form attitudes and habits that help to foster later healthy years.

The aging process is part of total human development. It is important to understand that the rate of aging varies with each individual and that planning for adjustment to the slow changes associated with aging is a positive response.

Personal criteria for judging age affects how we react to others. Even on a subconscious level, gray hair, wrinkled skin or baldness may fit into a picture of aging for many people. However, some of these characteristics may be the result of environment and heredity rather than aging .

Chronological age in itself does not produce senility, feebleness or loss of productivity. A combination of processes, specific disease processes, an unhealthy physical and/or psychological environment, and an expected decrease in capacity to adapt to stress are the usual causes for stereotypical characteristics associated with advancing age.

Although there are many theories concerning the nature of biological aging, it has been difficult for researchers to establish facts relevant to the nature of the changes of aging. One major contributor to the controversy has been the difficulty of distinction between changes caused by aging and those caused by time-related pathological diseases such as osteoarthritis and arteriosclerosis.

One researcher describes four main characteristics of aging. The aging process is universal, progressive, decremental and intrinsic. The process of aging begins with conception and proceeds gradually throughout the lifespan. Time-related illnesses appear with relative abruptness and can often be treated--heart attack, tumors, stroke, for instance.

While a great deal about aging is unknown, several primary characteristics are noted. Old age is characterized as a period of physiological, psychological and social changes that are multiple, profound and varying in intensities. While personal characteristics possessed prior to old age appear to modify the amount and nature of these changes, they do not account for the actual changes themselves.

Biological changes that relate to the older adult's reduced physical ability to adapt to the many changes are: loss of reserve capacities, reduced effectiveness of control mechanisms that maintain an even level in body functions and the need for an increased amount of time to recover from physical and mental stress.

Normal biological changes that occur during the later years may predispose an individual to both acute and chronic illnesses. For instance it becomes harder for an older person to regulate body temperature because of the decline in function of the sweat glands. The ability to adapt to cardiac and vascular stress is also reduced by as much as 40 percent at the age of 65 and continues to decrease with age. Changes in the digestive system interfere with the ability to intake certain foods. Teeth may become worn or lost. As much as 80 percent of the taste sensation may be lost. Absorption of foods and minerals becomes less efficient and other digestive processes may slow down.

These are a few examples of physical changes in later life that may be the cause of some of the physical complaints of older people.

FACTS ABOUT OUR AGING POPULATION

The baby boom will be followed by the senior boom. In 1960 one person in 10 was over the age of 65. By the middle of the next century, one person in five is expected to be over 65.

Life expectancy has increased by 27.5 years since the turn of the century--from 47 years to 74.5 years. By the year 2000, men can expect to live 10-15 years after reaching 65 while women can expect to live 15-20 years more.

Life expectancy continues to increase faster for women than for men. By the year 2000, 73 percent of the population aged 85 and over may be female.

The percentage of elderly women living alone is increasing. About one third of the elderly live alone and 80 percent of those people are women.

Because women marry at a younger age than men and outlive men, on the average, most elderly women living alone tend to be poorer and at greater risk of institutionalization than the general population of elderly.

In 1980, almost 11 million elderly had some degree of limitation of daily activities due to chronic conditions; but fewer than one in ten of them was in an institution.

Seventy-three percent of elderly home care is provided solely by relatives and another 16 percent use formal sources to supplement family care.

Today's older person is better educated than in previous times. In 1960 less than 20 percent of those over 65 had completed high school. In 1982 more than 40 percent had high school diplomas. Better education leads to more earnings in a lifetime and more years in the workforce.

While the elderly as a group have about the same rates of poverty as the general population, blacks, women, the very old, and those living alone have higher than average poverty rates.

Men are living longer but retiring earlier. Women are working longer for pay.

Social Security will continue to be the largest source of income for the older American. More than 9 out of 10 of the elderly received Social Security benefits in 1981. Sixty-five percent of those relied on Social Security for half or more of their total income.

PROFILE OF OLDER OKLAHOMANS

Highest Priority Needs of Older Oklahomans

1. Transportation*
2. Nutrition Assistance*
3. Assistance Accessing Services (Information & Referral Case Management)*
4. In-home care (housekeeping, chore services, and personal care)
5. Eyeglasses, Hearing Aids, and Dentures
6. Long-Term Care Planning and Coordination
7. Low Cost Health Care
8. Legal Assistance
9. Adult Day Care
10. Assistance with the cost of medications

* The first three priorities are also the three most common.

Living Locations

30%- Urban areas
28%- Cities
8%- Towns
34%- Rural areas

NOTE: Only 5% of older adults live in nursing homes. Most older adults live alone or with their spouses. If librarians limit their target audience to those in nursing homes, a great number of older adults will be neglected.

Oklahoma's Elderly

Oklahoma ranks 26th in the country based on the number of persons age 60+ and 23rd in rank based on the percentage of older persons as compared to the total state population with 16.7% older persons.

Estimates are that by the year 2000 the percentage of Oklahomans age 60+ will be 16.4% which would suggest little or no change. This, however, would reflect a 30% increase in overall numbers or 643,000 older persons. The older elderly age groups will greatly increase over 1980 figures with the age 65+ increasing by 40%, the age 75+ by 70% and the age 85+ by 100%. The rate of increase will continue each decade through the year 2060.

Life expectancy of whites continues to be longer than that of non-white minorities. For example, in 1984 the life expectancy of white males was 71 and for minority males it was 65. For white females the life expectancy was 78 years and for minority females it was 74 years.

A 1986 needs assessment study of 4,500 older persons conducted by the aging network reflected arthritis (58.3%) high blood pressure (48.6%), circulation trouble (31.8%) and heart trouble (29.2%) as the most prevalent illnesses experienced by older Oklahomans.

These Oklahoma statistics are from a 1986 survey and census data which is included in the State Plan on Aging for Fiscal years 1990-1992 by the Department of Human Services--Aging Services Division.

FACTS ON READING HABITS OF OLDER ADULTS

* Older adults rank reading 5th in popularity as a leisure activity (with television ranking 1st), according to a 1983 study. A 1974 study found that reading ranked 3rd--equal in popularity to TV--after socializing and gardening.

* Reading is as prevalent among older adults as among the rest of the American public, according to the 1983 Book Industry Study Group report. Their 1978 study showed a significant drop in the incidence of all types of reading among people over 65.

* Newspapers are by far the most popular reading material of older adults.

* Older adults spend as much time reading as do readers of other ages (an average of 10.8 hours per week) but read less quantity in that time.

* Older persons who are book readers, however, read more books each than younger readers. 34% of older book readers each read an average of 64 books per year! Heavy book readers of other ages also account for 34% of the book reading public, but each only reads an average of 50 books per year.

* 49% of senior book readers read both fiction and non-fiction. Older adults who are not book readers state that they read only for information and do not read fiction.

* The majority of older readers who do not read books report that they had previously been book readers, but stopped reading books because of physical reasons or because of retirement. According to the 1983 Book Industry Study Group report, 24% of older people who previously were book readers stated that they stopped reading books when they retired, but a 1973 article in a special issue of Library Trends on Library Services to the Aging stated that retirees read more than they did before retirement. (One of many contradictory or confusing findings in the BISG study).

* Older readers are less likely to buy books than are younger readers.

* Older readers are less likely to be public library users than are younger readers too: 33% of older readers report using the library as compared to 47% of other readers.

* However, older readers who do use the library visit it less frequently, but check-out more items per visit than other users. Senior library users check out an average of 42 materials per year as compared to 28 for the general public library user.

* The most popular source for reading materials among older adults is borrowing from friends and relatives, although a 1982 dissertation (Grubb) found that 39% of older readers get all of their books from the public library.

* Senior book readers tend to be very involved in social, civic, and religious activities outside the home. The more active and integrated into the community a person is, the more likely that he/she is a book reader.

* The more educated the older adult, the likelier that he/she is a book reader. College education especially seems to be an indicator of continued book reading. Because the educational level of older people in the U.S. is steadily increasing, and because increasing numbers of older adults are receiving a university education, reading among seniors is also on the rise.

* Second only to education, socio-economic status is a strong predictor of book reading among seniors. The average economic level of older people in America is rising, and this, too, should affect reading behavior.

* In communities where most of the library users only have a high school education, reading will be concentrated in subjects which are closely related to the life interests of readers. In communities where most have completed college, the demand will be for life interest reading but also on more remote and abstract subjects.

* The most common public library service for older people is library service to nursing homes and other institutions (although only 5% of the older population is institutionalized at any one time).

* The most common public library services for older adults who are not institutionalized are researching genealogies and writing life histories.

Compiled by Rhea Joyce Rubin, August 1985, for LIBRARIES AND OLDER ADULTS: FORGING COMMUNITY LINKS. Most of the information was gathered from:

Market Facts, Inc. 1983 Consumer Research Study on Reading and Book Purchasing: Focus on the Elderly. New York, N.Y.: Book Industry Study group, 1985.

Kamin, Judith. How Older Adults Use Books and the Public Library: A Review of the Literature. Urbana, Il. University of Illinois Graduate School of Library and Information Science, Occasional Papers 165, September 1984.

DEVELOPMENTAL TASKS OF AGING

TASKS OF ADJUSTMENT

New Image
Retirement
Maintaining Income
Where to Live
Family Relationships - Grandparenting, Aging Parents
Intergenerational Relationships
Companionship and Friendship
Sexuality
Life Review
Health
Reorienting Life to Aging

TASKS OF MAJOR CHANGE

Role Loss and Social Isolation
Widowhood (Loss of Spouse)
Grief and Grieving
Death and Dying

TASKS OF OPPORTUNITY

Leisure
Creativity and Intellectual Growth
Self-Affirmation and Self-Actualization
Spiritual Well-Being
Perspective Building
Staying in the Mainstream -- Political and Social Action

From **The Challenge of Aging** by Margaret E. Monroe and Rhea Joyce Rubin. Littleton, CT: Libraries Unlimited, 1983.

DEVELOPMENTAL TASKS OF MIDDLE AGE

Tasks of Adjustment

1. Sandwiched between the demands of dependent children and aging parents.
2. Menopause (average age of onset: 47).
3. Increasing financial responsibilities.
4. Onset of chronic health problems (e.g. arthritis) and of certain acute illnesses (e.g. cancer, average age of onset: 50).

Tasks of Opportunity

5. Midlife career change.
6. Pre-retirement planning.
7. "Empty nest" as children become independent and move away. (Average age of parent when last child reaches independence: 47).

Tasks of Major Change

8. Change in marriage relationship, including divorce or widowhood.
9. Caring for aging parents.
10. New role in society. First personal experiences with ageism.

From **Working With Older Adults: A Handbook for Libraries**, 2d ed. by Rhea Joyce Rubin and Gail McGovern, California State Library, October 1988.

INFORMATION NEEDS AND INFORMATION SEEKING

According to a 1984 study[1], the ten most common information needs of older adults are:

1) Benefits
2) Health
3) Medicine
4) Diet
5) Home health care
6) Taxes
7) Finances
8) Drivers' licenses
9) Public transportation
10) Energy

The study also asked about the information seeking patterns of older adults. When given a list of 40 resources, both professionals in the field of aging and older adults ranked the library in the bottom 10. The library was not perceived as a major source of information for older people.

A 1987 study[2] analyzed the information needs cited by age categories as noted below:

55-64 years	65-74 years	75+ years
1) Government	Health	Health
2) Health	Government	Income
3) Income	Income	Government

Another part of the 1987 study[2] asked older adults the likelihood that they would get the information that they need at the library.

55-64 years	65-74 years	75+ years
45%	33%	0%

The 1981 Lou Harris[3] poll of people over 65 found that 78% had not visited a library during the past year, and that 39% had never been in a public library!

[1]Hales-Mabry, Celia. Wilson Library, University of Minnesota.
[2]Bolin, Nancy. Division of Library Development and Services, Maryland State Department of Education.
[3]National Council on the Aging, Inc. **Aging in the 80s: America in Transition**, 1981.

Reprinted from **Working With Older Adults: A Handbook for Libraries**, 2d ed. by Rhea Joyce Rubin and Gail McGovern, California State Library, October 1988.

AGEISM

Aging is the process of becoming older; the cumulative changes that occur in a person's lifetime. In our society, age is used as an identifier or a predictor of how a person should act and what they should do. However, this can very often be a damaging way to judge others. Ageism, defined, is discrimination of individuals based upon their age. Ageism takes many forms and ageist attitudes can be expressed in many ways, both overt and covert. Discrimination, segregation and caricaturization are the three main ways that ageism is expressed.

Older adults are not the only target of ageism. Children are very often the subject of age-based attitudes. Libraries have the opportunity to be educators and role models in society. When ageist attitudes are taught to young people, the destructive cycle of discrimination, segregation and caricaturization continues. Intergenerational programming and awareness of the myths can help tear down the walls. Many of the biases and ageist attitudes are subtly woven into our thinking. Following are some examples of bias/ageism from the American Association of Retired Persons:

Biased: I hate the thought of getting older because all getting older means is physical complaints and illness.
Not Biased: Getting old is natural, and sure beats dying. I'm going to take care of myself now so I'll feel good later.

Biased: Old people belong on the shelf. They shouldn't take a younger person's job.
Not Biased: No one belongs on the shelf. We each have something to contribute.

Biased: When people get old, they become more fault-finding, irritable, and demanding.
Not Biased: Some people are more fault-finding, irritable, and demanding than others.

Biased: Ask my grandmother, I'm sure she'll do it. She always has plenty of time.
Not Biased: Ask my grandmother. She always tries to make time to help others.

Biased: The old are always sick and end up in nursing homes.
Not Biased: Everyone gets sick sometimes and the elderly are no exception. While older persons are generally more susceptible to disease and injury, few live in nursing homes.

Biased: Retired people just sit and watch life pass them by.
Not Biased: In retirement, many people become involved in activities they didn't have time for when they were working.

Following are ten recommendations by the AARP to help avoid ageism and replace it with a realistic understanding of growing old.

1. Include older persons. Where possible, include elders in proportion to their distribution in the general population; approximately one in every four Americans is 50 or older.

2. Include older women more frequently than older men; fifty-five out of a hundred older persons are female.

3. Present a balanced view of the physical process of aging, citing both the strengths and abilities as well as the physical difficulties.

4. Recognize older person's potential for attaining an enriched, emotional, spiritual, social, and intellectual life.

5. Show older persons in a number of different living arrangements: living independently alone or with a spouse, children, or non-relatives.

6. Avoid over-representation of nursing home living; only one in twenty persons (age 65 and above) live in nursing homes at any one time.

7. Show older persons at all economic levels: affluent, middle-class, and poor.

8. Accord some older men and women an occupational identity, working in diverse employment settings; three out of a hundred older persons work.

9. Show older women pursuing interests that extend beyond the family setting.

10. Affirm the individuality of older persons and show them in a variety of lifestyles commensurate with their needs and abilities.

Remember, Older Persons Are:

- Human beings with needs that include the desire for sexual expression.
- Adults with individual personality traits and social values developed over time within a complex societal environment.
- Active, creative and involved individuals who engage in a wide range of worthwhile activities.
- Complex, three-dimensional persons who exhibit a range of realistic emotions and behaviors.

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MYTHS AND STEREOTYPES ABOUT AGING

1. Old age or the aging process begins at _____.
   what age?

2. An old person is _____ (name five adjectives).
   a.
   b.
   c.
   d.
   e.

3. I will be old when_____.

4. If I see an elderly person in front of me at the check-out line in the grocery store I:
   a. choose another line because "they're slow"
   b. go ahead and choose that line but don't acknowledge him/her
   c. choose that line and see it as an opportunity to meet someone new

5. When I see an older person in a swimsuit, I _____.

6. How would you describe the age you are right now?

7. Would you rather be the age you are now, or a different age? Why? If another age, which one?

8. What do you like most about the age you are now?

9. What do you think you will be like at age 75?

10. Of all the older relatives and friends you can remember, whom do you/did you enjoy the most? Why?

Questions 5-10 reprinted from **Working With Older Adults: A Handbook for Libraries**, 2d ed. by Rhea Joyce Rubin and Gail McGovern, California State Library, October 1988.

WHAT DO YOU KNOW ABOUT AGING?

Circle the most appropriate answer

T F 1. The majority of the aged are isolated from their families and other social relationships.

T F 2. People live longer today due to the cure of "old age" diseases.

T F 3. Aging is a continuous but slow process.

T F 4. Approximately 15% of the aged 65+ live in skilled or intermediate care nursing homes.

T F 5. Aging begins soon after birth.

T F 6. The majority of aged no longer have any sexual desires or capabilities.

T F 7. The average life span of whites is greater than that of other racial groups.

T F 8. Visual and hearing impairments are common among the elderly.

T F 9. There are approximately four times as many widows as widowers.

T F 10. The elderly, like most groups, are more inclined to try and solve problems on the basis of past solutions rather than experimenting with new solutions.

T F 11. Of all older unrelated individuals, 15% live below the poverty line.

T F 12. The majority of the elderly are economically dependent upon their children.

T F 13. Achievement in various scientific, artistic, and creative fields is at its highest in the early years of life, then goes rapidly downhill.

T F 14. The over 65 vote at a higher percentage than any other age group.

T F 15. Although older people may often express their awareness of death in conversation, generally they are not fearful of death.

T F 16. Most elderly can expect retirement to reduce their incomes by 50% or more from their pre-retirement levels.

T F 17. Loneliness and depression are problems primarily affecting the elderly.

T F 18. Different parts of the human body develop and decline at different rates.

T F 19. The elderly may be more upset by a learning task than younger people, particularly where speed is required.

T F 20. The income level of elderly minority group members is equivalent to that of non-minority elderly.

T F 21. The greatest number of the elderly population is concentrated primarily in older sections of cities and their suburbs.

T F 22. California, New York and Pennsylvania account for just over 1/4 of the older population of the U.S.

T F 23. Studies reveal that most persons as they move from middle-age to old-age develop a growing interest in religion.

T F 24. Sensory deprivation and loss of mobility tend to isolate the older person.

T F 25. The percentages of suicide both for men and women increase as they age.

T F 26. There are more women alive than men in their later years, because there are also a greater number of female births.

T F 27. Federal and state constitutions declare, in writing, that a person becomes old when he or she reaches 65.

T F 28. In their youth, the elderly of today encountered quite different environmental experiences than the youth of today experience.

T F 29. Most people, regardless of background, become more introspective as they age.

T F 30. In 1972, almost 50% of Americans over 65 had not completed 8 years of elementary education.

T F 31. People naturally recognize that they are old.

T F 32. Most employers are reluctant to hire the elderly.

T F 33. Most of the elderly are handicapped by illness and are dependent on public support.

T F 34. The older age groups in the United States contain a greater proportion of immigrants than do the younger age groups.

T F 35. While it is true that most older people experience a decline in functioning, they generally learn to compensate for these declines.

T F 36. As people age, they tend to become more fault-finding, demanding, complaining, irritable and suspicious.

T F 37. A 75-year old person is eligible to receive a salary of any amount in addition to full social security benefits.

T F 38. The majority of older people retain basic health and mobility at least through their 60's.

T F 39. A 66-year old person is eligible to receive a salary of any amount and receive full social security benefits as well.

T F 40. In the United States there are significant differences in life expectancy by sex and race.

T F 41. Lack of adequate nutrition and proper medical attention are related to socioeconomic conditions. These, in turn, seem to account for a large part of the differences between death rates among racial groups.

T F 42. With regards to mental functioning, many declines experienced by the elderly are not apparent except under stressful conditions.

T F 43. 95% of all women over 60 are poor or near poor.

T F 44. There will be 52 million "baby-boom children" over the age of 65 by 2000.

T F 45. Today health care and Social Security for older Americans is equal to 40% of the federal budget.

T F 46. 100 million industrial insurance policies are paid in weekly installments and are owned mostly by poor people.

T F 47. Indirect insurance is a good buy.

T F 48. Most airlines have a ruling permitting them to refuse service to certain passengers based on their "conduct, status, age or mental or physical condition."

T F 49. When you report stolen property to the police the most important thing to tell them is the name of the store you bought the item from.

T F 50. Out of 10,000 people there are 60 suicides.

T F 51. Medical services place high priority on avoiding suicides.

T F 52. Men use guns and knives and ropes for suicide, whereas women use drugs, gas, poisons.

T F 53. Suicide is associated with combinations of economics, physical, social, psychological, emotional and other vital losses.

T F 54. The male to female suicide ratio at age 65-69 is 4/1.

T F 55. The male to female suicide ratio at age 85+ is 12/1.

T F 56. A person who dies because of deliberate mismanagement of diabetic diet is recorded as a suicide.

T F 57. When visiting a hospital, bring lots of news and talk the whole time.

T F 58. You should bring food to a person in the hospital.

T F 59. Men commit suicide most often because of marital or love problems.

T F 60. You shouldn't make a promise to a patient in the hospital if you can't keep it.

T F 61. On your first visit to a patient in the hospital or in a rest home, you should expect to establish an instant friendship.

T F 62. When minding a blind person you should take hold of his elbow and push him ahead of you.

T F 63. Do not talk to a person who is hard of hearing if you are eating, chewing,or smoking.

T F 64. Hard of hearing people hear less well and understand less when they are tired or ill.

T F 65. Doors and furniture should remain in accustomed places in senior centers if there are blind people using the centers.

T F 66. Population of the United States is approximately 216.7 million.

T F 67. Social Security benefits automatically increase with inflation.

T F 68. 75+ age group now is 10% of the elderly population.

T F 69. The average educational level of rural women aged 65 to 99 is 7.5 years.

T F 70. The majority of rural women aged 65-99 have worked for pay outside the home when younger.

T F 71. A person's height tends to decline in old age.

T F 72. The majority of rural women said their biggest problem was money.

WHAT DO YOU KNOW ABOUT AGING?

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AGING QUIZ

True or False?

Physical strength tends to decline in old age. **True.** There is a decrease in the number and bulk of muscle fibers as muscle fibers are replaced by nonmuscular fibrous tissue. Loss of physical strength and endurance results.

True or False?

Most older workers cannot work as effectively as younger workers. **False.** Despite declines in perception and reaction speed under laboratory conditions among the aged population, studies of older workers under actual working conditions generally show that they perform as well as, if not better than, younger workers. When speed of reaction is important, older workers sometimes produce at lower rates but they are at least as accurate and steady in their work as younger workers. Older workers perform steadier rates from week to week than younger workers. They have less job turnover, less accidents and less absenteeism than younger workers, too.

True or False?

Older people have higher rates of criminal victimization than those under the age of 65. **False.** Older people actually have lower rates of criminal victimization than those under 65. This is true in all categories of personal crime: rape, robbery, assault and personal theft. Older people are more fearful of crime than younger people though.

True or False?

Among older people there are two widows for each widower. **False.** There are nearly five times as many widows as widowers among the aged.

True or False?

The majority of older Americans live alone and isolated. **False.** About one third of older Americans live alone. Most live with their spouses or families. However, the percentage of women who live alone is increasing. The majority of older people are not socially isolated and lonely. Most have contacts with relatives, friends, voluntary organizations and church groups.

True or False?

In general, most older people are pretty much alike. **False.** There appears to be at least as much difference between older people as there is among people at any age level. There are rich and poor, happy and sad, healthy and sick, high and low intelligence, etc. In fact, some evidence indicates that as people age they tend to become less alike and more heterogeneous in many dimensions.

True or False?

Older people usually take longer to learn something new. **True.** Experiments have consistently shown that older people take longer than younger people to learn new material. Studies of on the job trainees also show that older workers tend to take somewhat longer to learn new jobs.

True or False?

Most older people are set in their ways and unable to change. **False.** There is some evidence that older people tend to become more stable in their attitudes, but it is clear that most people do adapt to the many major events that occur in later years such as retirement, children leaving home, widowhood and moving to new homes. Their practical and social attitudes also tend to shift with those of the rest of society, although at a somewhat slower rate than younger people.

NOTE: Try using some of these questions for items in the newspaper. You can do your part in dispelling society's aging myths!

Adapted with permission from Facts on Aging Quiz, The Gerontologist, August 1981, pp. 431-437.

TERMS TO KNOW

AGEISM: Prejudice against people because they are old. Ageism implies a broader meaning than gerontophobia, the unreasonable fear and hatred of older persons.

CENTENARIAN: A person who is 100 years or older. There were 2,300 centenarians identified in the 1980 U.S. census.

DEPENDENCE/INDEPENDENCE: A delicate balance in a society that equates self-esteem, success and morality with independence and the increasing knowledge that none of us passes through life alone and we are influenced and controlled by others.

FUNCTIONAL AGE: An assessment of age based on physical or mental performances rather than on the number of years since birth.

INSTITUTIONALIZATION: The process of confining a person to a center designed to cope with particular emotional or physical needs--often curtailing independence. Eighty-five to ninety percent of those entering nursing homes will die there, and one-third of those die in the first year. The average length stay is 1.1 years.

LIFE REVIEW: A theory by Robert Butler describing "the progressive return to consciousness of past experiences, especially unresolved conflicts. Often observed as reminiscing, nostalgia, rambling and living in the past."

LOCUS OF CONTROL: Shifting from thinking that I am master of my fate to acceptance of other controls of life. Often resulting in sense of futility and helplessness.

SENSORY LOSS: Chronic illness resulting in fear of death, helplessness and vulnerability; changing image of self as body image changes, pain and hospitalization, slowing of movements and nerve processes; lower energy levels; concern with broken hips, strokes, vision and hearing impairments.

SHIFT IN TIME PERSPECTIVE: Moving of mental thought from thinking in terms of time-since-birth to time-left-to-live. People may rehearse for roles they fear are approaching (widowhood, for example). A sense of immediacy pervades old people who begin to treasure each moment and live for today.

SOCIAL CHANGE: Widowhood and retirement, especially. Readjustment of relationships (both companion and career) that involve making new decisions; exclusion from familiar activities; changes in finances and family life; survival guilt; grieving; loss of self-esteem; and excess leisure time.

STOCKTAKING: Weighing dreams, plans, and expectations against achievements, options and their reality. A major task of adult life is to form and modify a dream.

TDD: Telecommunications Device for the Deaf. It allows individuals with little or no hearing or a speech impairment to receive information via the telephone.

Some of these definitions copied from AGE WORDS: A GLOSSARY ON HEALTH AND AGING, by the U.S. Department of Health and Human Services. For further aging related terms or a copy of the publication write to: National Institute on Aging, National Institutes of Health, Bethesda, MD 20892.

The Library's Responsibility to the Aging

Prepared by the Library Service to an Aging Population Committee, Reference and Adult Services Division, American Library Association. (Adopted January 1964, and revised July 1970 and October 1971 by the Adult Services Division, American Library Association. Revised June 1981 by the Reference and Adult Services Division, American Library Association.)

AGING has daily personal implications for every person in our society. The social, economic and biologic problems resulting from the process of aging place responsibilities on all types of libraries, especially the public library. Libraries serve their communities by:

1. CONTRIBUTING to a positive attitude toward aging and the aged;
2. PROVIDING information and education on aging and its problems for older adults as well as professionals and laypersons who work with this group;
3. FACILITATING the use of libraries by the aged through improved library design and access to transportation;
4. PROVIDING library service appropriate to the special needs of all the aged, including the minority who may be homebound and institutionalized;
5. UTILIZING the potential of older adults as liaisons to reach their peers and as a resource in intergenerational programming;
6. EMPLOYING older adults in the provision of library services;
7. INVOLVING older adults in the planning process when designing services and programs for the entire community;
8. DEVELOPING working relationships with other agencies and groups concerned with these needs and problems;
9. PROVIDING programs, services and information for those preparing for retirement;
10. CONTINUALLY exploring ways of making these services more effective, aggressively seeking sources of funding, and assigning a portion of the regular budget to meet the needs of older adults. ■■

Guidelines for Library Service to Older Adults

Prepared by the Library Services to an Aging Population Committee, Reference and Adult Services Division, American Library Association. Adopted by the Reference and Adult Services Division Board of Directors, January 1987. (Supersedes "Guidelines for Library Services to an Aging Population," July 1975)

INTRODUCTION

The importance of library services to meet the particular needs of older adults increases along with this group's numbers. These guidelines suggest means whereby librarians can meet those needs.

1. **Exhibit and promote a positive attitude toward the aging process and older adults.**

   Actively seek to improve communication skills with people of all ages.

   Educate its administrators, librarians, and library staff regarding physiological, social, and cultural development of people throughout the lifespan.

   Participate in continuing education which will enhance skills in working with older adults.

   Avoid labeling and look beyond the stereotypes and mythologies of aging.

   Exhibit the same level of interest, comfort, and respect with older adults as with any other patrons.

2. **Promote information and resources on aging and its implications not only to older adults themselves but also to family members, professionals in the field of aging, and other persons interested in the aging process.**

   Assess the information needs of the older population in order to build a collection which meets the real needs of:
   - people interested in understanding the aging process;
   - people planning for a change in lifestyle or employment;
   - individuals who act as advocates for the aging;
   - service providers; and
   - younger people learning about the potential for growth over the lifespan.

Assure that library selection and weeding policies lead to the acquisition of current and useful materials which reflect diverse formats and information needs. Collection development should include information on:

- lifelong learning;
- older adults as consumers of aging services;
- behavioral implications;
- cultural, ethnic, economic, and regional differences;
- leisure time activities; and
- issues raised by the rapid aging of our society.

Locate sources of appropriate materials including large print books, pamphlets, and audiovisual materials (e.g., talking books, tapes, films, videotapes, etc.) which are available for purchase, for loan, or at no cost.

Survey the existing gerontological resources within the community and make available the materials or information about them.

Organize information on community agencies, activities, and resources for use by older adults and those who work with them.

Provide ready access to an information and referral service which includes current information on:

- human services agencies serving older adults;
- speakers, reviewers, and other resource people available for programming;
- publications, reports, community population profiles, funding agencies, and other research sources.

Publicize the availability of resources by:

- providing reading lists, advertisements, and exhibits of interest to the publics identified above;
- introducing the materials, demonstrating their use or co-sponsoring with other agencies and organizations, discussion s ries and programs at the library or in the community;
- mailing informative brochures to club presidents, committee chairpersons, interested individuals, and concerned agencies and organizations; and
- attending meetings, giving presentations, and working actively towards community involvement.

3. Assure services for older adults which reflect cultural, ethnic and economic differences.

Become knowledgeable about the cultural, ethnic and economic composition of the community.

Use this information to purchase materials and arrange service, to train staff, to conduct programs, and to develop and maintain interagency cooperation.

Actively participate with existing agencies to serve the literacy needs of the older population.

4. **Provide library service appropriate to the special needs of all older adults, including the minority who are geographically isolated, homebound, institutionalized, or disabled.**

Provide trained staff to serve older adults.

Provide special materials such as talking books or large print books and periodicals.

Provide special equipment such as tape recorders, magnifying devices, page turners, reading machines, etc., to help in the reading process.

Identify the homebound or institutionalized who are in need of library service.

Provide personalized library service to meet the special needs of the individual within the institution or the home.

Cooperate with the institutional administration in the planning and implementation of library services for the institutionalized.

Provide on-site service to the homebound and institutionalized, with training and transportation provided by the library.

5. **Utilize the potential of older adults (paid or volunteer) as liaisons to reach their peers and as a resource in intergenerational programming.**

Develop and implement well-organized training sessions for the individuals carrying out the library program.

Invite staff (including volunteers) to participate in library staff meetings so that they can be kept current about resources and policies.

Work closely with staff to solicit ideas, ensure a meaningful work experience, and provide as much autonomy as is desirable.

6. **Employ older adults at both professional and support levels for either general library work or for programs specifically targeted to older adults.**

   Make certain that older adults are given serious consideration as candidates for either professional or support staff positions as available.

   Request volunteer help only when funding is not available for paid positions.

7. **Involve older adults in the planning and design of library services and programs for the entire community and for older adults in particular.**

   Identify representative older adults in the community to participate in library planning.

   Assure that adequate needs assessment is conducted to represent the needs and interests of the older adults of the community.

   Actively plan and implement programming to meet the needs identified.

8. **Promote and develop working relationships with other agencies and groups connected with the needs of older adults.**

   Identify agencies, organizations, and groups in the community which are interested in older adults. Confer with agency leadership about ways in which the library can contribute to the achievement of their goals and objectives through:
   - providing resources, materials, and services for older adults and for professional and lay workers in the field;
   - cooperating in programming, service delivery, and in-service training; and
   - involving key persons in cooperative library and interagency planning.

   Identify organizations of older adults in the community and involve them in the planning and delivery of services.

   Enlist participation of area librarians in developing cooperative collection development, and in developing services, programs, continuing education and staff training to improve library service to older adults.

Work toward comprehensive cooperative planning for older adults by:

- working with educational institutions to promote lifelong learning opportunities for older adults;
- locating and working with pre-retirement groups sponsored by business, industry, and other agencies;
- coordinating with other agencies to eliminate unnecessary duplication of services;
- making available a list of community resources for information and referral which would then be available to older adults and the agencies which serve them; and
- asking that professional staff and administration keep abreast of current developments in gerontology and geriatrics regionally and nationally so that informed interagency communication can be facilitated.

9. **Provide programs, services, and information for those preparing for retirement or later-life career alternatives.**

Develop a collection of materials and information on pre-retirement planning, retirement, and career alternatives, and provide bibliographies on these topics.

Cooperate with other community agencies to provide workshops, programs, and seminars on such topics as pre-retirement planning, retirement, and career alternatives.

Serve as a clearinghouse for information on retirement, alternate employment, and other career opportunities.

10. **Facilitate library use by older persons through improved library design and access to transportation.**

Make sure that both the collection and meeting rooms are physically accessible to older adults, with special regard for the impaired elderly, by providing as necessary ramps, hand bars, and other design features.

Provide or be knowledgeable about the availability of assistive devices such as audio loops, infrared listening systems, etc.

Provide furniture for use with wheelchairs.

Strategically locate large-print signage, including informational and safety guides.

Inform or assist older adults in securing transportation by utilizing public or volunteer transportation, new or existing van services, or dial-a-ride systems.

Seek and secure funding for any of the above.

11. **Incorporate as part of the library's planning and evaluation process the changing needs of an aging population.**

    Conduct periodic needs assessments to determine whether library resources and programs are satisfying the changing needs of older adults.

    Use the results of the needs assessments and continuing evaluation of current programs and services to assist with planning.

12. **Aggressively seek sources of funding, and commit a portion of the library budget to programs and services for older adults.**

    Use these funds to acquire resources, assign or recruit staff, promote services, conduct staff development, and forge inter-agency cooperation.

    Pursue sources of additional funds in order to provide for special or one-time-only projects.

SERVICE IDEAS

- Invite representatives of groups and organizations that serve the elderly in your community to the library for a brainstorming session. You might focus on ideas for cooperative efforts that would benefit the elderly as well as the agencies and the library. Ask the representatives to bring pamphlets, fact sheets and other materials about their services to add to your vertical file. (If multiple copies are supplied, the materials could be distributed at the circulation desk.)

- Produce a monthly calendar of events for older patrons. Send to nursing homes, senior centers, and display in local newspaper. Include national senior related dates from Calendar (see *Programming Ideas* , pg. 11).

- Offer special instruction sessions (by appointment) in the use of library computers.

- Compile a list of all the local discounts available to seniors and make this list as well as the necessary coupons available to seniors. Start with restaurants, hotels and drug stores.

- Send announcements of new books to special interest groups in the community. For example, a caregiving book to the local chapter of *Children of Aging Parents.*

- Have a Low Vision Center located within the library to help older adults and the visually impaired become aware of the available resources. Contents would be: materials and information for the visually impaired (books and pamphlets); large print books and magazines; magnifiers and reading aids; information on visual impairments; radio reader service; and books on cassette. This has been done successfully at the Topeka Public Library by Jean Ann Tevis.

- Set-up a "sight-saving room." A sight-saving room at the St. Louis County Library has a collection of large print books, as well as the World Book Encyclopedia on cassettes with a special player with braille instructions. There are five magnifier lamps and an electronic reader which enlarges a printed page and projects it on a video screen. The room has carpeting and lounge furniture and patrons use the room completing handwork projects, reading, sewing, studying and listening to cassette tapes. The cooperation of the library board and a donation from the Lions Club made the room possible.

- Distribute relevant forms, brochures, and applications, for example, rent exemption applications and forms for the City's Heat Energy Assistance Program. Have referral sheets for your town with all pertinent agencies, etc.

- Conduct a library survey (by telephone or mail) to determine the needs and tastes of older adults in your community.

- Give a list of books on aging with prices to local civic groups and suggest that they purchase some of the books for the library. Then honor the group by announcing the gift in the local newspaper or have "A Special Gift to the Library from ___" stamped at the front of the books.

- Loan walkers, magnifiers, reading stands, etc. to elderly patrons.

- Compile booklists on subjects of interest to older Americans and subscribe to magazines on retirement and aging. Make these resources available.

- Provide resources for "second" careers.

- Contact the ALA Reference and Adult Services Division Committee on Library Services to an Aging Population at ALA headquarters to participate in the Older American Program Idea Exchange (see *Other Resources* , pg. 23).

- Serve as an Information and Referral Service for older adults. Establish a collection of informational brochures on topics of interest to older adults. However, don't repeat existing services: work with the Area Aging Agencies and other organizations. The role of the library may vary according to the community needs.

- Acquire materials for library and nursing home programs, for example, large print Monopoly.

OUTREACH

- Set-up voter registration at nursing homes

- Hire older adults to administer some of the programs and services developed for older adults and recruit volunteers to take on outreach work.

- Connect senior volunteers with the elderly who need service. This type of Information and Referral was done successfully in Stillwater, Oklahoma. Also consult the Senior Companions Service in your area (see Senior Companions, *Other Resources*, pg. 4).

- Set-up a model collection of library materials (large print books, books on tape, cassette players, magnifying reading devices, magazines, newspapers and videos at a Senior Citizen Center, nursing home or congregate meal site. Change the collections regularly and take requests.

- Offer Books-by-Mail. Send a catalog of books available for loan and preference cards which identify reading interests to homebound patrons. Outreach Services of the Metropolitan Library System has been very successful with this type of program.

- Deliver books to shut-ins through the Meals-on-Wheels program.

- Distribute a semi-monthly newsletter for the elderly and homebound. The newsletter could inform patrons of library and community information pertaining to the aging.
- Display library posters in Senior Citizen Centers, nursing homes or congregate meal sites.
- Ask for teen volunteers to take books to those who are homebound in the community. Perhaps a scout group, church youth organization or other youth group with community service projects would be willing to provide this service as a special project.

NEEDS ASSESSMENT

In order to properly serve the older adults in your community it may be necessary to survey your community and the library itself. This will help highlight areas of need and the available resources for meeting these needs.

The Community

What percentage of your community's population is 60+?

Where do they live? Private homes, nursing homes, senior housing complexes?

How many nursing homes and senior housing complexes are there?

Is public transportation available?

Is private transportation available?

Does your community have an office on aging?

What are the organizations that work with seniors in your community?

Do you cooperate with them? Could you?

The Library

Is the location of the library easy to get to for older adults? Are there barriers of steps, bathrooms too small for walkers, signs too small for easy viewing or obstructions in the aisles?

What is the number of older adults who use the library?

What type of materials is most often requested by older adults?

Do any of the members of the staff have special training regarding the service and needs of older adults?

Has your paid staff received any development training specifically related to work with the elderly?

What is the library's current budget?

Is a special part of the budget set aside for older adult materials?

When developing the collection, are the needs of older adults addressed separately from younger adults?

What percent of the library collection is devoted to older adults?

What is the amount of money spent on these books annually?

What is the number of volumes in the collection?

What is the total number of books in the library's collection?

Does the library carry any periodicals geared to older adults?

How many?

Does the library have large print books?

How many are in the collection?

Does the library have books on tape?

How many?

Does the library carry information on closed captioned TV programming?

Does the library have other materials, microfilms, cassettes, etc. specifically geared toward the needs and the tastes of older adults?

Would your library benefit from setting aside a shelf or section of the library for older adult materials other than large print books?

Does the library obtain free materials geared to the interests of older adults?

What are the sources of these materials?

Are the needs of older adults served through the library collection or would special materials be useful?

If you could improve the services provided by the library for the older adults, what would you improve first?

Are the library services and collection for older adults publicized in the community?

Is the library planning any programs for an older adult audience?

Are any senior citizens activities held in the library?

Does the library sponsor any volunteer programs to assist older adults?

What percent of your Friends of the Library are older adults?

Does the library jointly sponsor (with other aging service providers) any programs for older adults?

NOTE: You can also use this section when applying for grants from the Oklahoma Department of Libraries. When intending to raise the "Criteria for Determining Adequacy" (CDA), justify your needs in such areas as continuing education, programming, new borrowers, age and condition of collection, etc.

ERGONOMIC CHECKLIST FOR LIBRARIES SERVING OLDER PEOPLE

Exterior Features

1. Adequate parking for handicapped, suitably marked.
2. Bright lighting in parking area.
3. Large, clear signs for the library. Well-spaced dark printing on a light background is best.
4. Paths to the library at least 48 inches wide to accommodate wheelchairs.
5. Ramps into the library available for handicapped patrons. Exterior ramp slope no greater than 1 foot rise in 12 feet, with a minimum of 6 feet of straight clearance at bottom of the ramp. 32 inch high handrails extend at least 1 foot beyond the top and bottom of ramp.
6. Awning over entrance.

Interior Features

1. Doors push inward (away from patron), with a clear opening at least 32 inches wide to accommodate wheelchairs. Automatic doors are best. Lightweight manual doors with handles which are easily operable by frail or handicapped patrons. Protective kickplates on doors. Doors in contrasting color from walls.
2. Level area for a minimum distance of 5 feet from door.
3. Clearly marked exits.
4. Floors carpeted to decrease glare, slippage, and noise. Floor (carpet) in contrasting color from walls and furniture, and in simple non-distracting pattern. Carpets securely tacked and taut. Non-static carpeting only (to eliminate interference with hearing aids). Textured strips placed on floor or step at any change of grade as a warning.
5. Walls painted in contrasting color from floors, doors, and handrails. Walls treated with acoustically absorbent materials.
6. Ramps at least 36 inches wide to accommodate handicapped patrons. Slope no greater than 1 foot rise in 14 feet. Handrails extending at least one foot beyond the top and bottom of ramp, in contrasting color to walls.

7. Staircases with resting areas between short flights. Individual steps enclosed at back and sides. Sturdy handrails, extending at least 1 foot beyond top and bottom of stairs, in contrasting color to walls.

8. Stable and comfortable furniture with variation in styles available. Sofas and chairs with armrests to ease sitting and standing. At least some tabletops are wheelchair-accessible, 29 inches high with matching chairs. Chairs and table legs contrast with carpet/floor. Some chairs moveable to increase their usefulness.

9. Lighting from several sources: natural, overhead, task (directed reading lamps). Alternatives from fluorescent lighting (causes glare) available. Numerous, well-spaced lights are better than a few extra strong lights. Dimmer switches when possible.

10. Shelving begins at least 1 foot from floor and circulating materials are placed no higher than 5 feet from floor. Stacks clearly marked.

11. Clear, bold signs. Dark well-spaced large printing on light background is best. Signage consistent throughout library.

12. Audiovisual carrels available, at least one of which is wheelchair accessible. Monitors and headphones adjustable for height, angle, and volume.

13. Copy machine and microfiche readers have capacity to enlarge print.

14. Magnifying devices available for use by visually impaired.

15. Checkout counter no higher than 36 inches so wheelchair-accessible to patrons and staff.

16. Public telephones available, at least one of which is wheelchair accessible: cord at least 29 inches long, dial and coin slot 48 inches or less from floor. At least one telephone equipped with amplification device. TTY/TDD available.

17. Restrooms and water fountains are wheelchair-accessible and clearly marked.

From **Working With Older Adults: A Handbook for Libraries**, 2d ed. by Rhea Joyce Rubin and Gail McGovern, California State Library, October 1988.

TIPS FOR WORKING WITH OLDER PATRONS

Having these characteristics will help you:

1. A positive attitude toward older people.
2. An understanding of their special needs and potential.
3. Familiarity with the aging network (its politics, competitiveness, variety and interrelatedness.)
4. The ability to relate in a compassionate, realistic, respectful, unsentimental, professional manner (requiring emotional maturity and stamina, a buoyant personality and common sense).
5. The ability to plan library services cooperatively with the aged, their families and those who work with them.
6. A wide knowledge of both print and nonprint literature.
7. An awareness of resources available in other specialized libraries.
8. An understanding of group dynamics and techniques of informal adult education.

Other tips for working with the elderly:

9. Treat them as the intelligent human beings they are. Loss of hearing or sight doesn't detract from intelligence.
10. When you speak to them stand in front of them, face them and fully communicate with them. Sometimes it is helpful to put your hand on theirs so they will anticipate conversation. Speak clearly and more slowly than usual. Be careful--don't assume all older adults are hard of hearing and thus need to be yelled at to be heard!
11. Try to be understanding. Avoid getting impatient or angry when they are slow or require extra time and effort on your part.

Most Popular Library Services for Seniors:

BiFolkal nationwide survey of 135 senior centers found these most-used library resources: 103 used films and other audio-visual materials, 70 used books, 42 took advantage of library-sponsored programs, 12 used library artwork. (The lower educational attainment of many older people makes both adult basic education and nonprint materials extremely popular offerings at the library).

Their Time and Tastes:

When planning programming for older adults choose morning-noon sessions rather than afternoon-evening times. Older adults generally prefer not to go out at night because they may not be able to drive after dark due to their eyesight and this may not be a high energy time due to physical limitations or medications. If you provide food at a lunchtime program; offer box lunches for free or a small fee and make sure the food is appropriate for patrons with dentures or common dietary concerns like high sodium and cholesterol.

The Elderly Like to Read about Current Events:
Preferred over romances, westerns, old magazines or religious materials. Make available more current event magazines like Newsweek and Reader's Digest in either large print or cassette. (Glossy magazine pages can be difficult for some because of the glare).

Top 10 Interests of People 55 and Older:
Music, Religion, Cooking, Health, Sports, Gardening, Sewing, Arts and Crafts, Exercise, Travel.

Top 4 Concerns and Information Needs of Older Adults:
Health, Finances or Economic Needs, Transportation, Housing.

Senior Citizens are Politically Active People:
As voters, they just might determine the outcome of a library referendum in your community. Keep them informed!

Nursing Home patrons:
Films should be shown when nursing home patients are most active; prior to medications which cause drowsiness or limit their participation.

Keep it Clean:
Librarians report that many adults like bestsellers but most prefer books without foul language or sexual explicitness.

Special Privileges:
Consider giving older adults longer check-out periods or allowing them to check-out more books at a time. They may not be able to get to the library as often as younger patrons.

Some information reprinted from "The Golden Age Enters the Library," **The Library Imagination** Paper 10 (3), Summer 1988. w

WORKING WITH THE IMPAIRED ELDERLY

Listed below are some of the ideas that were shared by the various speakers at the 1986 ALA conference in New York:

for hearing impaired persons:

--include hearing screening at a library program.
--offer assistive listening devices in your meeting room.
--when available, buy videos with closed captions.
--buy closed caption decoders for demonstration and loan.
--provide TDD reference and referrals.
--give library tours in sign language.

for visually impaired persons:

--buy large-print books and talking books for persons who still want to read.
--get an assortment of magnifiers and keep them near book catalogs and telephone directories (punch a hole and tie a string to them).
--type newsletters in large print and place some by the large-print books.
--sponsor a low-vision program for the library, senior centers (with a library label inside).
--when the library sponsors book discussion groups, make print and talking book copies available.
--type booklists in large print.
--prepare large print fliers and bookmarks listing: large print books, music, audio cassettes, games, telephone reference service, and information and referral services.
--buy large print display terminals for microcomputers.
--train staff in what to do to assist visually impaired patrons.
--inform staff about talking book program, equipment, and accessories.
--promote radio reading services with seniors.

for nursing home residents:

--purchase microcomputers for residents to use.
--offer creative writing classes
--help residents produce a newsletter.

general:

--take an impaired elderly patron with you to meet new groups in the community.
--prepare a large print bookmark listing all of your assistive devices.

TIPS FOR WORKING WITH THE IMPAIRED ELDERLY

1 Talk about the same things you would with anyone else. Let the impaired elderly person set his/her own pace in walking or talking.

2) Don't ask embarrassing questions. If impaired elderly persons want to tell you about their disabilities, they will.

3) Help them only when requested. Wait for a request of help if the person falls. Don't separate an impaired elderly person from their wheelchair or crutches unless they ask, and then put them within reach.

4) Don't be overprotective.

5) Don't be afraid to laugh.

6) Keep your voice tone low but keep it at a good volume. Speak distinctly. If the impaired elderly person is merely smiling and nodding, repeat what you have said.

7) Be happy and courteous. Spend a little time talking. Don't be afraid to hold a hand or tap a shoulder lightly as a token of respect.

8) Share a good story.

9) Sharpen your listening skills.

Reprinted from Mielke, Linda. "New Library Service for Older Adults." **Catholic Library World** 52 (4): 173, Nov. 1980.

DO'S AND DON'TS FOR COMMUNICATING

DO respect the autonomy of the elderly person to the fullest.
DON'T plan for or make decisions for a person who is capable of participating partially or fully.

DO use non-verbal behavior such as nodding, smiling or pointing, while looking at the person to whom you are speaking.
DON'T assume that a lack of response or a brief answer means that the person does not care about communicating with you.

DO encourage spontaneity by pacing the conversation more slowly and allowing some silences.
DON'T feel pressured to be making things happen every moment.

DO ask open ended questions that promote greater sharing by the person, such as "What was it like...?"
DON'T ask yes-no questions or leading statements more often than necessary.

DO encourage the person to reminisce and share favorite memories of the past.
DON'T allow endless, boring repetitions of the same story. Encourage the person to add details by asking questions that aid recall.

Reprinted with permission from COMING OF AGE Normal Emotional Stages: What to Expect After 50, a publication by Jacqueline B. Cook, A.C.S.W. and Katherine Hudson, A.C.S.W.

LIBRARY PROGRAMS FOR OLDER ADULTS

Programming for older adults doesn't have to be extremely detailed; the important thing is to make the activities enjoyable and stimulating. When planning the programs keep your audience in mind. Not all older adults have the same tastes or needs, so offer a variety of programs and try to get the elderly themselves involved in the planning.

The elderly may take longer to adapt to new programs, so don't give up if they don't respond immediately. Here's a hint: when trying out new projects, call them pilot projects so that you can quit with dignity if they're not successful.

THE ARTS

Old Fashioned Arts Festival/Craft Show: Items for display or sale. Quilts, toys from long-ago, replicas or actual antiques, etc.

Art Show: Include drawings, paintings, homemade quilts, embroidered pictures and pillows, photography, sculpture, pottery, watercolors, oil/acrylic. This can be a contest or just displays. Celebrate the older artists and craftspeople in your community!

Dancing: Folk, country, ballroom dancing lessons in library.

Music appreciation and Discussion: with an older adult or local musician as leader.

Quilt-making class or Demonstration: with seniors as instructors.

Drama Club: a performing arts troupe composed of older adults. Group numbers 25-30 and practices once a week. Not all of the group members act; many work behind the scenes on props and costumes. Club performs once a month at library or system branches and performs a full 3-act production once a year. The 3-act production could be in May to commemorate Older Americans Month. The group will provide arts to the community as well as help combat negative stereotypes and myths about older adults. For more information contact ODL or the Queens Borough Public Library (see *Other Resources.*, pg. 23). ODL has An Evening of One-Act Stagers for Golden Agers by Albert M. Brown, available for check-out.

CAREGIVING

Organize a local chapter of *Children of Aging Parents,* (a support group devoted to the education, guidance and development of coping skills of caregivers of the elderly). See *Other Resources*, pg. 12.

Have a guest speaker talk about:
"Relationships Between Elderly Parents and Children"
"How to Care for the Elderly at Home"
"Understanding the Older Person in Your Life"

CONTESTS

Most and Oldest: Award certificates for most grandchildren, granddaughters, grandsons, oldest grandparent, youngest grandparent, and expectant grandparents.

Oral History: Older adults enter stories relating to a chosen theme like pioneering and school days. Winners are honored at a reception and stories become part of the library's permanent collection.

Poetry or Creative Writing Contest: Older adults submit poems or stories to be judged and then all works are displayed in the library with announcement of winners. The winning poem or creative writing piece could be sent to the local newspaper. Give certificate or prizes.

"50 Year Patron" In conjunction with a library anniversary or all alone. Advertise through the local newspaper, radio, etc. Mail questionnaires to people who respond. The questionnaire asks how long ago the person received a library card, which branch is visited most often, what book or books are favorites, and recollections and memories of the library. The purpose is not to find the person who had a card for the longest period of time but to share memories of the library. At the end of the search hold a tea in honor of 50 year library card holders. For more info and copy of questionnaire contact ODL or South Bend Public Library, South Bend, Indiana (see *Other Resources*, pg. 23).

GENERAL

Honor a special senior volunteer and announce it in the newspaper.

Senior Citizen Day at the library. Get the community involved.

Literacy Programs: Recruit older adults to volunteer as tutors in literacy programs.

Film Festival: Have a film series specializing in films from the 1930's and 1940's.

Tax Counseling: Offer assistance with income tax returns through IRS assistance volunteers.

Bake Sale: Run completely by older patrons (nursing home patrons would be a good group). Proceeds could go to support an Older Adults Library Users Club- "Live Long and Like it Club," or "60+" or it could contribute to the purchase of a collection of large print books or magazines.

Give **tours of the library** and hand out library card applications at the end. Publicize the tours through civic groups, Senior Citizen Centers, nursing homes and library programs. Or try a **library open house**.

Genealogy Searches: Outline "how-to's", library resources, and have a local genealogy expert speak.

Book talks/discussions at library or Senior Centers. The participants might take turns presenting a different book each week.

Senior Citizen Club for senior patrons. The group can help plan programs or just meet socially.

Pen Pal Program between older adults or even include children.

Trading Days: Patrons can bring in dress patterns, coupons, recipes, left-over seeds, cuttings, etc. to trade with others.

Health Fair: Speakers from local health care services, hospitals and colleges. Provide hand-outs, free blood-pressure screening, hearing and cholesterol checks, etc.

Antique Day: Invite a local antique dealer to the library. He can appraise one item free for each person who attends the program. The appraiser can either be paid, do it free for the publicity, or collect a fee for additional items appraised.

Program Kits: Take advantage of existing program kits available for loan from the National Endowment for the Humanities, National Council on the Aging and the American Association of Retired Persons through their Institute of Lifetime Learning.

Bi-Folkal Kits: Remembering... These multi-sensory kits are excellent for library programs or nursing home visits. Participants are shown a slide/tape show, booklets, paraphernalia relating to the topic and provided with song books for a sing-along. The Oklahoma Department of Libraries has 15 of these kits available for loan. Various topics are: Remembering the Homefront and Remembering Work Life. Call ahead to reserve the kit of your choice.

OUTREACH

Newsletter for the home bound which keeps them in-touch with library activities.

Nursing homes and congregate meal sites; take the programs directly to these groups. Possible programs: story telling, bibliotherapy, poetry therapy, puppeteering, films and Bi-Folkal kits or homemade "Remembering" kits with music, film, slides, photos, and artifacts.

Party for Outreach Patrons: Bring the outreach patrons to the library for a luncheon, slide show and tour of the library.

Tours: Conduct tours of the library for senior adults. Publicize the tours at senior centers, retirement homes, churches, etc. At the end of the tour hand out library card application forms and outline the library's programs for older adults.

Read-Aloud Programs: The Seattle Public Library received a grant from the Washington State Library to improve the quality of service to approximately 3,000 patients in nine nursing homes. Volunteers were trained in read-aloud techniques and sensitized to the special needs of the audience. The programs were an hour long; divided into three parts and presented to groups of ten residents. First was the reading of local news or a brief magazine article followed by a discussion of current events designed to encourage group participation. Secondly, a short story, poem or a chapter of a novel was read aloud by the volunteer. Finally, discussion of the readings was followed by the participants' suggestions for future readings.

BIGGER PROJECTS

Rhythm Band composed of older adults. They could perform at library functions or local activities.

Video History: A history of your area from pioneer citizens. Video tape the stories and make them available for viewing in the library. (Newkirk Public Library, Oklahoma)

Life History Writing Classes: bring in expert to outline procedures and give pointers on how to write a life history.

Sponsor a Senior Group or help develop one. For example the "Live Long and Like it Club." The group could do library volunteer work or help develop programming for senior adults.

Senior Bookbinding Service: Non-profit program which trains adults 55 and older in the craft of book binding. Workers are paid $3.50/hour and do in-house book binding for libraries. (For more information write Tena Rosner, Director, Senior Bookbinding Services of the JCC, 3505 Mayfield Road, Cleveland Heights, Ohio 44118 or call 216/381-9939.)

Senior Assistants Project: Older adults are hired by the library on a part-time basis to implement cultural and recreational events for their peers at libraries in their neighborhoods.

Library Sponsored Radio Show: Contact your local radio station for availability of public service air time. The format could be specifically for seniors or the general public and include announcements of library programs.

Present mini-courses for audit or credit in cooperation with neighboring colleges in the community.

Educational programs via cable TV into the library and include discussion of featured topics.

Through the Eyes of the Elderly Exhibit: Prepare an exhibit which allows you to experience aging first hand. For example a phone with a distorted connection allows you to hear what they hear, and distorted photos allow you to see what they see. Try demonstrating the other senses too!

Guest Speakers on Up-to-date topics

- Questions to ask when choosing a nursing home
- Financial planning
- Social Security
- Travel: "Tips for Trips"
- Grandparenting Skills
- Gardening/Canning
- Health
  - Preventive Foot Care for Older Adults
  - Keep Your Heart Healthy
  - Arthritis
  - Diabetes
  - Medicine
  - Physical Fitness in Later Years
  - Nutrition
  - Stress
- Living Independently as Older Adults
  - "Lonely vs. Alone"
  - "Knowing Ourselves Better: Our Bodies and Minds"
- Memory Fitness: Skills for Improving Your Memory
  - Survival Techniques for Shut-ins

Speakers and instructors for library programs for older adults may be located through:

- Colleges & Universities
- Area Aging Agencies
- Hospitals and Health Care Facilities

Possible speakers:

- Health Care Professionals
- Nursing Home Directors
- Senior Center Staff
- Funeral Home Directors
- Local Lawyers, Attorneys or Accountants
- Representatives from organizations and associations for older adults

For other Oklahoma Organizations which might provide qualified speakers on a variety of subjects see *Other Resources* pg. 1.

Note: The University Of Oklahoma Health Sciences Center (Oklahoma City, OK) publishes a **Speakers' Bureau and Media Guide** which gives a detailed listing of possible speakers on a wide range of topics. For more information call (405) 271-2323.

INTERGENERATIONAL PROGRAMMING

Today's society is much more age-segregated than it has been in the past. Families are often scattered across the country and multi-generational neighborhoods have been replaced with new housing developments where young families live. As a result children don't get the benefit of contact with older adults. Age segregation and isolation are roadblocks to understanding between the generations and allow stereotypical images of youth and the elderly to continue.

Intergenerational activities help to break down the communication barriers between the young and old and help to bring the generations together. By getting children and older adults to interact, with each sharing from their perspective, both groups can learn from one another. Involvement in intergenerational programs can help make the elderly feel needed and more productive as they share talents and experiences. At the same time the young can learn from the lifetime experiences of the older generation and begin to understand what it means to grow old. Participants find that there is diversity among young and old alike and that life is a process of change with each stage presenting new challenges and opportunities.

Intergenerational Program Ideas

- Have the children bring into the library a favorite photo of a grandparent or elderly friend reading a book to them. Display the photos during Older Americans Month. (Frederick Public Library, Oklahoma)

- Family Tree with child's picture and names of mother, father, grandmothers, grandfathers, and great grandmothers and great grandfathers; also, a special family tradition, the name of the first member of the family to live in America, and what makes the youngster a special part of the family tree.

- "Adopt-a-Grandparent": kids adopt a grandparent for tutoring in school work, reading time, literacy improvement, etc. They can also be called "Homework Helpers."

- "Grandparents Unlimited": elderly volunteers in Children's Services section of the library who would locate and read books; tell stories, play checkers with the kids, etc.

- Have children and youths participate in nursing home delivery of books.

- Make greeting cards for nursing home residents at a library storytime.

- Have children write and create a puppet show at the library and then present it to a group of senior citizens at a nursing home.

- Use student volunteers to tape oral histories of nursing home residents and those at senior centers. The important history will be recorded and the student will be more in tune with the elderly. (This has been the basis for the successful Foxfire Books series edited by Eliot Wigginton.)

- Sign up pen pals at the library for residents of area nursing homes. Children can write to a resident and once the relationship is established perhaps a get acquainted party can be held at the library.

- A sheep to shirt program: 4-H members bring their sheep to the library for a shearing demonstration. A weaver's guild, made up mostly of senior citizens, provides the expertise for a spinning and weaving program following the shearing demonstration.

- Whippersnapper's Day: Invite grandparents and grandchildren to the library for a special storytime, craft and refreshments.

- Ask senior citizens to name their favorite book as a child and write a short paragraph on what their life was like when they read it. Display the answers in the children's section.

- Assemble a display of old toys or dolls. A local collector might be willing to loan the collection to give today's generation a look at how children used to spend playtime.

- Invite a local historical society to speak to children about what the community was like in the early years. Maps, photographs, books and newspapers could be used for display.

- A grandparent's visiting kit could help grandparents encourage the reading habit when their favorite little people visit. Kits to borrow might include 2 or 3 favorite read aloud books, a book and cassette set, a puppet, flannel board, magnetic characters or laminated cutouts. A special story about child/grandparent relationships would enhance the kit. The kit could be placed in a heavy duty drawstring sack.

NOTE: For resources for intergenerational programming see *Other Resources* pg. 27.

OUTREACH PROGRAMS: TECHNIQUES FOR BETTER SERVICE

1. When first establishing an outreach film program for older adults, contact the facility activities director, resident manager, or meal site coordinator for information about suitable days and times. It cannot be stressed too strongly the importance of this initial contact to the ultimate success of your program. When deciding on a program time, select a consistent day and time of the month or week to assist patrons in remembering when your next visit will be. Plan a program lasting approximately one hour. Avoid early morning hours, mealtimes (except at meal sites), and late afternoons. Evening programs work well in retirement centers where residents often stay up later.

2. To publicize the program, provide the contact person with a time and date poster for displaying in the facility. A postcard with the same information and, perhaps, the titles of the movies to be shown can be sent to the contact person one week prior as a reminder.

3. Though many libraries have VCR's and videotapes, those media formats are no substitute for 16mm films. Films, with their larger screen and increased visibility, turn a simple program into a festive occasion, far removed from the world of television.

4. As those who have done programming know, it is impossible to please everyone, every time with program content. By utilizing two or three shorter films rather than one of greater length, a wider variety of tastes can be satisfied. During your initial visit and periodically thereafter, discuss the types of films available and insist on feedback from your audience. A short questionnaire can prove useful in this regard. Remember to make full use of the State Library's film collection.

5. When actually staging your programs, make the event as special as possible for everyone involved. Perhaps provide a theme for the month (silent films, animals, etc.) leaving time for discussion of each movie. Several of Leon County in Florida's public sites provide popcorn or other refreshments for "movie day." In planning, remember how much fun it can be going to the movies and realize your patrons would like to have the same good times when the movie is brought to them. Don't forget--you have a somewhat captive audience where library services and events, as well as book talks, are presented.

6. It is difficult to determine what type of film a particular audience will appreciate without knowing them beforehand. The range of interests varies as widely as the people themselves. With the elderly, though, some trends do emerge. Disney films are always popular and both fictionalized dramas and nature films. Travel films are a hit with some, but certainly not all. Leon County Public Library has had particular success with films made originally for teenagers as "afternoon specials." Although they do educational film programming (arthritis, heart disease, etc.) it is usually reserved for a special series separate from entertainment film programming. Films with singing, animals, and children are requested over and over. Silent films, if not too long, are also favorites. When in doubt, ask your audience--they know what they like.

7. Film programming is an excellent method for libraries to reach out to less mobile older adults. It presents your library in a positive light and provides many opportunities to offer additional library services--and it can be great fun for both programmer and patrons.

From: Dowler, John. "Programming for the Elderly." **Orange Seed Technical Bulletin** 16 (1): 1-2, March 25, 1987.

CALENDAR OF SENIOR RELATED EVENTS

January
New Year's Day
Encourage Older Patrons to set personal wellness goals.

February
American Heart Month
Black History Month
Valentine's Day

March
National Nutrition Month
Red Cross Month
National Women's History Month
Save Your Vision Week--2nd Week
International Women's Day--8th
National Employ The Older Worker Week--3rd Week
National Council on the Aging, Inc., Annual Conference

April
Daylight Savings Time Begins
Cancer Control Month
Income Tax Returns Due--15th

May
Older Americans Month
Arthritis Month
Foot Health Month
Mental Health Month
National High Blood Pressure Month
National Physical Fitness and Sports Month
National Nursing Home Week--3rd Week
Senior Center Week--2nd Week
National Hospital Week--2nd Week
Mother's Day
Armed Forces Day
Memorial Day
Oklahoma Senior Classic Games
(sponsored by Oklahoma City Community College, see *Other Resources)*

June
National Safe Boating Week--2nd Week
Father's Day

July
National Recreation and Parks Month

August
Women's Equality Day

September
Grandparents' Day--10th
National Osteopathic Medicine Week--2nd Week
National Adult Day Care Week--3rd Week
Oklahoma Senior Olympics (Tulsa)

October
Fire Prevention Week--2nd Week
Standard Time Begins

November
National Alzheimer's Month
National Caregiver's Week--3rd Week
Veteran's Day--11th
Great American Smokeout--16th

December
Pay special attention to outreach patrons

1991--National Year of the Lifetime Reader
This focuses specifically on older Americans and is sponsored by the Library of Congress--Center for the Book.

POEMS AND QUOTES FOR OLDER ADULTS

Poems, quotes, and anecdotes about aging can be great additions to library bulletin boards, displays, newsletters and calendars. Please keep in mind that the poems and anecdotes you use should be positive and shouldn't reinforce subtle ageist attitudes. The older adults themselves may have some great poems and quotes they might want to contribute.

The Old Porch Swing

The old porch swing moves gently;
Swinging in the summer sun,
Filling my heart with memories
Of days when I was young.

All the happy moments
Of little girls at play,
All the giggling secrets
We dare not give away.

The old swing stays to witness
Stolen kisses in the night,
Young folks building daydreams
In the splendor of the night.

The old porch swing moves gently
When old folks sit to rest
And share treasured memories
Of those they love best.

--Ruth Locknane

Warning

When I am an old woman I shall wear purple
With a red hat which doesn't go, and doesn't suit me,
And I shall spend my pension on brandy and summer gloves
And satin sandals, and say we've no money for butter.
I shall sit down on the pavement when I'm tired
And gobble up samples in shops and press alarm bells
And run my stick along the public railings
And make up for the sobriety of my youth.
I shall go out in my slippers in the rain
And pick the flowers in other people's gardens
And learn to spit.

You can wear terrible shirts and grow more fat
And eat three pounds of sausages at a go
Or only bread and pickle for a week
And hoard pens and pencils and beermats and things in boxes.

But now we must have clothes that keep us dry
And pay our rent and not swear in the street
And set a good example for the children.
We will have friends to dinner and read the papers.

But maybe I ought to practise a little now?
So people who know me are not too shocked and surprised
When suddenly I am old and start to wear purple.

- Jenny Joseph

A SENIOR CITIZEN'S LAMENT

Thought I'd let my doctor check me
'Cause I didn't feel quite right.
All those aches and pains annoyed me,
and I couldn't sleep at night.
He could find no real disorder,
but he wouldn't let it rest.
What with Medicare and Blue Cross
it wouldn't hurt to do some tests.
To the hospital he sent me,
though I didn't feel that bad.
He arranged for them to give me
every test that could be had.
I was fluoroscoped and cystoscoped,
my aging frame displayed,
Stripped upon an ice-cold table
while my gizzards were X-rayed.
I was checked for worms and parasites
for fungus and the crud,
While they pierced me with long needles
taking samples of my blood.
Doctors came in to check me over,
probed and pushed and poked around,
And to make sure I was living
They wired me for sound.
They have finally concluded:
(their results have filled a page)
What I have will someday kill me,
MY AFFLICTION IS OLD AGE.

THE JOYS OF AGING

I have become quite a frivolous old gal. I'm seeing five gentlemen every day. As soon as I awake, Will Power helps me out of bed. When he leaves, I go see John. Then Charley Horse comes along and when he is here, he takes a lot of my attention. When he leaves, Arthur Ritis shows up and stays the rest of the day. He doesn't like to stay in one place very long, so he takes me from joint to joint. After such a busy day, I'm really tired and ready to go to bed with Ben Gay. What a day!

Reprinted from Seeing Clearly, 1988/1989 a publication by the National Association for the Visually Handicapped.

FOOD FOR THOUGHT

"After the kids leave home, some parents suffer from the empty-nest syndrome; others change the locks."

•

"The beauty of the old-fashioned blacksmith was that when you took your horse to be shod, he didn't find 40 other things that needed to be done."

•

"If we could sell our experiences for what they cost us, we'd all be millionaires."

•

"Happiness is never stopping to think if you are."

•

"Nostalgia is remembering the nickle hamburger. Reality is remembering how often you couldn't afford one."

•

"Time goes, you say? Ah, no! Alas, time stays, we go."

•

"By the time a man realizes that his father was right, he usually has a son who thinks he's wrong."

•

"AGE is not a four letter word!"

Reprinted from Seeing Clearly 1988/1989 a publication by the National Association for Visually Handicapped.

WHAT DO YOU SEE?

What do you see, people, what do you see?
Are you thinking when you are looking at me,
A crabby old woman, not very wise
Uncertain of habit, with faraway eyes.
Who dribbles her food and makes no reply,
When you say in a loud voice, 'I do wish you'd try';
Who seems not to notice the things that you do,
And forever is losing a stocking or shoe.
Who uninteresting or not, lets you do as you will
With bathing and feeding the long day to fill.

Is that what you're thinking, is that what you see?
Then open your eyes, you're not looking at me.
I'll tell you who I am as I sit here so still,
As I rise at your bidding, as I eat at your will,

I'm a small child of ten with a father and mother,
Brothers and sisters who love one another.
A young girl of sixteen with wings on her feet,
Dreaming that soon now a lover she'll meet;
A bride soon at twenty, my heart gives a leap,
Remembering the vows I promised to keep.
At twenty-five now I have young of my own
Who need me to build a secure, happy home.
A woman of thirty my young now grow fast,
Bound to each other with ties that should last.
At forty my young sons have grown and are gone,
But my man's beside me to see I don't mourn.

At fifty once more babies play at my knee,
Again we know children, my loved one and me.
Dark days are upon me, my husband is dead.
I look at the future-I shudder with dread.
For my young are all rearing young of their own,
And I think of the years and the love that I've known.

I'm an old woman now, and nature is cruel;
'Tis her jest to make old people look like a fool.
The body it crumbles, grace and vigor depart,
There is now a stone where I once had a heart.
But inside this old carcass a young girl still dwells,
And now and again my battered heart swells.
I remember the joys, I remember the pain,
And I'm loving and living life over again.
I think of the years all too few, gone too fast;
And accept the stark fact that nothing can last.

So open your eyes, open and see,
Not a crabby old woman, LOOK CLOSER AT ME!

Written by a patient in a geriatric ward at Ashludie Hospital in England.

GRAB THEIR ATTENTION!
Program Publicity

Generating interest in library programs for an older audience may take some creative planning on your part. You must know your audience--their lifestyles, tastes, and needs. This information will be of great help as you plan your strategy for targeting this diverse group. Listed below are possible avenues for reaching seniors in your community.

- A library calendar
- The Books-By-Mail catalog
- Community signboards
- Bulletin boards
- Announcements at area civic organizations
- Church and synagogue bulletins
- Agencies in service to the aging
- Radio (Public Service Announcements)
- Television (Public Service Announcements)
- Newspapers
- Health Providers
- Word-of-mouth, a calling committee

STRENGTH IN NUMBERS

Inter-agency work can be a key factor in making programs successful. Know the resources within your community. If the library is limited in facilities, manpower and funds, gather several agencies or organizations who would be interested in working on special projects for older citizens. Cooperative efforts can bring about tremendous success.

LIBRARIES, READING, AND OLDER ADULTS

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Entertainers: Louis Armstrong, Lucille Ball, George Burns, Charlie Chaplin and Bob Hope.
Industrialists: Andrew Carnegie, Henry Ford, William Randolph Hearst and Lee Iacoca.
Scientists: Alexander Graham Bell, Jacques Cousteau, George Washington Carver, Thomas Edison, Albert Einstein.
World Leaders: Winston Churchill, Dwight Eisenhower, Emperor Hirohito, Golda Meir and Ronald Reagan.

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Sackville-West, Victoria. **All Passion Spent.** Norwood, PA: Telegraph Books, 1932. After the death of her husband a woman shocks her family by deciding to live alone, thereby asserting her right to live her own life for the first time in 88 years.

Sarton, May. **Mrs. Stevens Hears the Mermaids Singing.** New York: Norton, 1975. A formidable woman poet becomes the quarry of two young reporters seeking to discover the source of her inspiration and talent.

Simeon, Georges. **The Grandmother.** New York: Harcourt, 1980.
Two women, far apart in age yet close in character, are locked in a riveting duel.

Spark, Mureil. **Memento Mori.** New York: Putnam, 1982.
"Remember that you must die" is the message received by the residents of an old-age home.

Stenger, Wallace. **All the Little Live Things.** Lincoln, Univ. of Nebraska Press, 1979. A retired couple plan a quiet life, but unforseen events bring drastic changes.

Streeter, Edward. **Chairman of the Bored.** New York: Harper, 1961.
A man's past comes back to haunt him when, at 65, he is forced into retirement by the company policy he dictated when he was a young executive.

Swinnerton, Frank. **Sanctuary.** Garden City: Doubleday, 1967.
Eight elderly women who are happy in their London home face problems when the building changes hands.

Tankzake, Junichiro. **Diary of a Mad Old Man.** New York: Putnam, 1981.
A 77-year-old Japanese man writes about the problems of failing health.

Updike, John. **The Poor House Fair.** New York: Knopf, 1959.
A handful of marvelously eccentric and happy people live in a poorhouse in New Jersey.

Van Dyke, Henry. **Ladies of the Rachmaninoff Eyes.** Washington, D.C.: Howard Univ. Press, 1987. In Michigan, two elderly ladies, one Jewish, the other Black, bicker like sisters.

Wilkinson, Sylvia. **A Killing Frost.** Boston: Houghton, 1967.
A 13-year-old orphan describes life on a North Carolina farm with her grandmother.

Wilson, Angus. **Late Call.** Chicago: Academy Chi, 1983.
A story of changing British social conditions affecting a retired businesswoman who lives in a newly developed community.

Wolitzer, Hilma. **In the Palomar Arms.** New York: Farrar-Straus, 1983.
A young college student takes a temporary job as a kitchen aide in a California convalescent home for the aged.

MYSTERIES

The following authors have published numerous mysteries with their particular heroine as the main character. The books have a variety of publishers and dates so they should be located by the author's name. The Oklahoma Department of Libraries has a number of titles by these authors available through interlibrary loan.

Senior Sleuths

Christie, Agatha. White-haired, frail **Jane Marple** when not gardening, knitting or training house maids, solves mysteries by analogy from her knowledge of human nature gained in the village of St. Mary Mead.

Dolson, Hildegard. **Lucy Ramsdale** is beautiful, flirtatious, 69, an artist and newly widowed. Her talent for finding murderers develops when she meets and rents her studio in Connecticut to a retired police inspector.

Gardner, Erle. **Bertha Cool** weighs over 200 pounds, looks like a benign grandmother, but swears like a sailor. A professional, she runs a private detective agency.

Gilman, Dorothy. **Mrs. Emily Pollifax** is a widow in New Brunswick, fond of hats and a student of jujitsu, who applies for a job with the CIA and, by mistake, gets it. Her adventures take her all over the globe and gain her a husband en route.

Mancini, Anthony. **Minnie Santangelo** is a widow, grandmother, and cook turned detective, who relies on both the saints and her powers as a "strega" (benevolent witch) to solve mysteries in Little Italy.

Mitchell, Gladys. **Dame Beatrice Lestrange Bradley** is consultant psychiatrist to the Home Office. Her reptilian black eyes miss very little, and her encyclopedia knowledge produces solutions to all mysteries.

Wentworth, Patricia. **Maud Silver** learned as a Victorian governess that quiet knitting induced people to confide in her. Now she has achieved financial security putting that technique to work as a private detective, but she is as dowdy as ever. Nearly always she manages a bit of match-making while solving the mystery.

MAGAZINES AND NEWSLETTERS FOR OLDER ADULTS

BROOMSTICKS: OPTIONS FOR WOMEN OVER FORTY
3543 18th Street #3
San Francisco, CA 94110

DECEMBER ROSE: A MAGAZINE FOR CREATIVE SENIORS
215 Long Beach Blvd.
Long Beach, CA 90801

DYNAMIC YEARS
American Association of Retired Persons
215 Long Beach Blvd.
Long Beach, CA 90801

EXPANDING HORIZONS
93-05 68th Avenue
Forest Hills, NY 11375

GRANDPARENTING
801 Cumberland Hills Drive
Henderson, TN 37075

LATER YEARS
22 North 2nd Street
Lafayette, IN 47902

LEAR'S: FOR THE WOMAN WHO WASN'T BORN YESTERDAY
P.O. Box 51233
Boulder, CO 80321-1233

LYNN CAINE'S LIFELINES
65 W. 90th Street
New York, NY 10024

MATURE OUTLOOK
P.O. Box 1205
Glenview, IL 60025

MIRABELLA
For women over 40.
P.O. Box 10009
Des Moines, IA 50340

MODERN MATURITY
American Association of Retired Persons
215 Long Beach Blvd.
Long Beach, CA 90801

NEW CHOICES FOR THE BEST YEARS
P.O. Box 1945
Marion, OH 43305

PRIME TIMES
ACTION
806 Connecticut Ave., N.W.
Washington, D.C. 20525

RETIREMENT LIFE
National Association of Retired Federal Employees
1533 New Hampshire Avenue SW
Washington, D.C. 20005

SENIOR ADVOCATE
California Commission on the Aging
1020 9th Street #260
Sacramento, CA 95814

SENIOR CITIZEN NEWS
National Council of Senior Citizens
925 15th Street NW
Washington, D.C. 20005

SENIOR RIGHTS REPORTER
Brookdale Center on Aging
425 E. 25th Street
New York, NY 10010

THE MATURE TRAVELER
GEM Publishing Group
P.O. Box 50820
Reno, Nevada 89513

VIVA
339 Telegraph Rd.
Bellingham, WA 98226

CHILDREN'S BOOKS WITH INTERGENERATIONAL THEMES

Ackerman, Karen. **Song and Dance Man.** New York: Knopf, 1988.
Grandpa demonstrates for his visiting grandchildren some of the songs, dances and jokes he performed when he was a vaudeville entertainer. Grades K-3.

Auch, Mary Jane. **Cry Uncle.** New York: Holiday House, 1987.
An elderly uncle given to occasional bouts of confusion causes the Andersons to wonder if they are able to care for him or if he should be sent to a nursing home. Grades 4-6.

Beckman, Delores. **My Own Private Sky.** New York: Dutton, 1980.
Eleven-year-old Arthur and his summer sitter help each other surmount difficulty. Grades 3-6.

Blos, Joan. **Brothers of the Heart.** New York: Macmillan, 1985.
Fourteen-year-old Shem spends six months in the Michigan wilderness alone with a dying Indian woman, who helps him, not only to survive, but to mature to the point where he can return to his family and the difficulties of life as a cripple in a frontier village. Grades 6-9.

Byars, Betsy. **The Blossoms Meet the Vulture Lady.** New York: Delacorte, 1986. When Junior accidentally gets caught in his own coyote trap deep in the woods, he is rescued by the reclusive woman known as Mad Mary and begins an unforgettable adventure. Grades 4-7.

Byars, Betsy. **The Not-Just-Anybody Family.** New York: Delacorte, 1986.
With a young brother in the hospital, a grandfather in jail, and their mother traveling with a rodeo, Maggie and Vern try to settle family problems. Grades 3-6.

Caines, Jeanette. **Window Wishing.** New York: Harper, 1980.
A sister and brother spend a vacation with their fun and unconventional grandmother. Grades K-3.

Clifford, Eth. **The Remembering Box.** New York: Houghton, 1985.
Nine-year-old Joshua's weekly visits to his beloved grandmother on the Jewish Sabbath give him an understanding of love, family, and tradition which helps him accept her death. Grades 3-5.

Clymer, Eleanor. **The Spider, The Cave and the Pottery Bowl.** New York: Atheneum, 1971. An Indian brother and sister are left alone for the summer in the care of their ailing grandmother. Grades 2-4.

DePaola, Tomie. **Nana Upstairs, Nana Downstairs.** New York: Putnam, 1973.
Tommy has a relationship with his grandmother and his great grandmother, both of whom live in the same house and whom he visits every week. He learns about death when his great grandmother dies. Grades 1-4.

DePaola, Tomie. **Now One Foot, Now the Other.** New York: Putnam, 1981.
When his grandfather suffers a stroke, Bobby teaches him to walk, just as his grandfather had once taught him. Grades 1-4.

Farber, Norma. **How Does It Feel To Be Old?** New York: Dutton, 1979.
Old age explains to youth some of the thoughts and feelings, advantages and disadvantages that accompany being old. Grades 2-5.

Fox, Mem. **Wilfrid Gordon McDonald Partridge.** Brooklyn: Kane/Miller, 1985.
A small boy tries to discover the meaning of "memory" so he can restore that of an elderly friend. Grades 1-3.

Garrigue, Sheila. **The Eternal Spring of Mr. Ito.** New York: Bradbury, 1985.
The fate of a 200-year-old bonsai tree is decided by a young girl and an old Japanese-Canadian gardener who resists being imprisoned in an internment camp after the bombing of Pearl Harbor. Grades 5-8.

Gelfand, Marilyn. **My Great Grandpa Joe.** New York: Macmillan, 1986.
Spending a memorable Sunday with her great grandfather and her other grandparents, eight-year-old Deborah realizes that with health, the elderly can lead rich and varied lives. Grades K-3.

Gould, Deborah. **Grandpa's Slide Show.** New York: Lothrop, 1987.
Whenever they visit Grandpa, Sam and Douglas always watch a slide show. After Grandpa dies, they watch the show to remember him. Grades K-3.

Greenfield, Eloise. **Grandpa's Face.** New York: Philomel, 1988.
Seeing her beloved grandfather making a mean face while he rehearses for one of his plays, Tamika becomes afraid that someday she will lose his love and he will make that mean face at her. Grades K-3.

Griffith, Helen. **Granddaddy's Place.** New York: Greenwillow, 1987.
At first Janetta does not like Granddaddy, his farm, or his animals--but they like her, and as she gets used to them, she likes them too. Grades K-3.

Hest, Amy. **The Crack-of-Dawn Walkers.** New York: Macmillan, 1984.
Every other Sunday, Sadie and her grandfather go for their special early morning walk. Grades K-3.

Hines, Anna. **Grandma Gets Grumpy.** Grand Rapids, MI:Clarion, 1988.
Spending the night at Grandma's house, Lassen and her cousins have fun but discover that there are limits to Grandma's patience. Grades K-3.

Hoffman, Mary. **My Grandma Has Black Hair.** New York: Dial, 1988.
A child talks about her grandmother, who is definitely not like the grannies in storybooks. Grades K-3.

Holl, Kristi. **Just Like A Real Family.** New York: Macmillan, 1983.
June's foster grandparent turns out to be a crabby old man who doesn't like children in general and June in particular. Grades 4-7.

Holl, Kristi. **No Strings Attached.** New York: Macmillan, 1988.
June finds sharing a house with her mother and her foster grandfather requires a difficult adjustment to his forgetfulness and his crabby remarks to her junior high school friends, but she also loves him as a family member. Grades 5-8.

Irwin, Hadley. **What About Grandma?** New York: Atheneum, 1982.
Caught between her grandmother's fierce independence and her mother's solution of a nursing home, Rhys grows up during a summer while experiencing her first love. Grades 7-9.

Jukes, Mavis. **Blackberries in the Dark.** New York: Knopf, 1985.
Nine-year-old Austin visits his grandmother the summer after his grandfather dies and together they try to come to terms with their loss. Grades 3-6.

Kibbey, Marsha. **My Grammy.** Minneapolis: Carolrhoda, 1988.
When eight-year-old Amy has to share her bedroom with Grammy who has Alzheimer's disease, she learns to give her the patience she needs. Grades 2-4.

Lasky, Kathryn. **The Night Journey.** New York: Warne, 1981.
Rache ignores her parents' wishes and persuades her great grandmother to relate the story of her escape from czarist Russia. Grades 5-8.

Le Tord, Bijou. **My Grandma Leonie.** New York: Bradbury, 1987.
A child describes all the things she did with her grandmother and how she felt when her grandmother died. Grades K-3.

McCully, Emily. **The Grandma Mix-Up.** New York: Harper, 1988.
Young Pip doesn't know what to do when two very different grandmothers come to baby-sit, each with her own way of doing things. Grades K-3.

Mazer, Norma Fox. **After the Rain.** New York: Morrow, 1987.
After discovering her grandfather is dying, fifteen-year-old Rachel gets to know him better than ever before and finds the experience bitter-sweet. Grades 7-10.

Mazer, Norma Fox. **A Figure of Speech.** New York: Delacorte, 1973.
The very special relationship between Jenny and her grandfather leads to tragedy when Jenny's parents want to place the old man in a home for senior citizens. Grades 7-10.

Miles, Miska. **Annie and the Old One.** Boston: Little, Brown, 1971.
A Navajo girl unravels a day's weaving on a rug whose completion, she believes, will mean the death of her grandmother. Grades 2-4.

Moore, Elaine. **Grandma's Promise.** New York: Lothrop, 1988.
Kim spends a week after Christmas with her grandmother and enjoys every minute-sleeping by the wood stove, ice skating on the pond, and feeding the birds. Grades K-3.

Munsch, Robert. **Love You Forever.** Canada: Firefly Books, 1986.
A little boy is dearly loved by his mother and this love crosses generations as he grows up and does with his little boy what his mother did with him. Grades K-3.

Rogers, Paul. **From Me To You.** Granville, Ohio: Orchard, 1987.
A grandmother shares her memories of three generations with a young granddaughter and presents her with a precious gift. Grades K-3.

Smith, Robert Kimmel. **The War With Grandpa.** New York: Delacorte, 1984.
Upset that he has to give up the room he loves to his grandfather, Pete decides to declare war in an attempt to get it back. Grades 5-7.

Spyri, Johanna. **Heidi.** Various editions and publishers.
A Swiss orphan is heartbroken when she must leave her beloved grandfather and their happy home in the mountains to become companion to an invalid in the city. Grades 4-7.

Stevenson, James. **No Friends.** New York: Morrow, 1986.
Worried that they won't make friends in their new neighborhood, Mary Ann and Louie listen to Grandpa reminisce about the new friends he made when he moved to another neighborhood. Grades K-3.

Stevenson, James. **We Hate Rain!** New York: Morrow, 1988.
Grandpa tells Mary Ann and Louie how he and his brother, Wainey, coped with massive rainfall when they were young. Grades K-3.

Walter, Mildred Pitts. **Justin and the Best Biscuits in the World.** New York: Lothrop, 1986. Suffering in a family full of females, ten-year-old Justin feels that cleaning and keeping house are women's work until he spends time on his beloved grandfather's ranch. Grades 3-6.

Worth, Richard. **You'll Be Old Someday, Too.** Danbury, CT: Watts, 1986.
Explores current attitudes toward aging and the elderly in the United States. Also includes interviews with retirees from various parts of the country discussing how they are managing their lives. Grades 5-8.

Wright, Betty Ren. **Christina's Ghost.** New York: Holiday, 1985.
Christina's summer in a spooky, isolated Victorian house with her grumpy uncle turns into a ghostly adventure. Grades 4-6.

Zolotow, Charlotte. **My Grandson Lew.** New York: Harper, 1974.
Together Lewis and his mother remember Grandpa, who used to come in the night when Lewis called. Grades K-3.

Zolotow, Charlotte. **William's Doll.** New York: Harper, 1972.
William's father gives him a basketball and a train, but his grandmother gives him a doll so he can practice being a father. Grades K-3.

PACKAGED PROGRAM KITS

Bi-Folkal Kits available for loan from the Oklahoma Department of Libraries:

Remembering Automobiles
Remembering Birthdays
Remembering County Fairs
Remembering the Depression
Remembering Fall
Remembering Farm Days
Remembering the Fashion
Remembering Fun and Games
Remembering the Home Front
Remembering Music
Remembering Train Rides
Remembering 1924
Remembering School Days
Remembering Summertime
Remembering Work Life

Other packaged programs available for loan from ODL:

Aging
AIDS
The Amish
Baseball
Black History
The Constitution
Dolls
Folkdance
Health
Herbs
Martin L. King
Meet the Author
Needlehearts
Oklahoma...Do You Read Me?
Pioneer Life I
Pioneer Life II
Pioneer Life III
Quilts I
Quilts II
Read to Your Kids
Shooting Stars
Statue of Liberty I
Statue of Liberty II

FILMS AND AV MATERIALS

The American Association of Retired Persons (AARP) has assembled a collection of 35 audiovisual programs especially geared to the needs of older Americans. The programs are loaned FREE. A catalog and Program Scheduling Request form are available from: AARP, Program Scheduling Office, Program Resources Department/AW, 1909 K Street N.W., Washington, D.C. 20049. If you need special planning assistance, call the Program Scheduler at (202) 728-4353.

The North Texas State University Gerontological Film Collection offers a wide variety of films, film strips and slide sets on aging such as "The Business of Aging," "Try to See It Their Way," and "Grieving: Suddenly Alone." Rates vary according to the length of the film and films are loaned for two days. For more information contact: Gerontological Film Collection, Media Library, P.O. Box 12898, North Texas State University, Denton, TX 76203 or telephone (817) 565-2691.

"Caring for Aging Parents" is a 33 minute color film showing four different families providing care for an ailing parent. The film is in four parts and comes with a study guide with discussion questions. (Rental is $50.00 for two days plus $7 shipping and handling.) For more information contact Terra Nova Films, Inc., 17832 67th Ave., Tinley Park, IL 60477 or telephone (312) 944-1102.

"Aging and Vision: Declarations of Independence," shows the daily lives of the visually impaired which continue to be active and productive. It is effective in creating an awareness and understanding of those who have visual impairments. Available on 16mm film or video cassette from Phoenix Films. Contact BFA Educational Films, 807 N. Davis, West, Texas 76691 or telephone (817) 826-3152.

From the Good Samaritan Hospital and Medical Center, Media Technology Department, 1015 N.W. 22nd Ave., Portland, Oregon 97210:

"Managing with Alzheimer's Disease," a program focusing on the solutions to the problems encountered by anyone caring for a person with Alzheimer's. This 30-minute tape is available on 3/4 inch, VHS or Beta format. Rental $45.00.

"Alzheimer's Disease: A Family Perspective," a program that examines the coping and communications skill family members use to deal with the disease. This 30 minute tape is available in 3/4 inch, Beta or VHS format. Rental $45.00.

Programs are also available from the **National Endowment for the Humanities** and the **National Council on the Aging**. See National Organizations in the *Other Resources* section of this notebook for addresses.

FILMS FOR LOAN FROM THE OKLAHOMA DEPARTMENT OF LIBRARIES

Films or audio-visual programs can be an asset for programs developed with senior citizens in mind. Consumer education, health and financial planning are a few of the topics that lend themselves to informational programs for senior citizens. Programs can be conducted at the library or taken on the road to senior sites, churches or other meeting places. Invite a local realtor, tax expert, attorney, nutrition specialist, banker to donate some time to speak to a group and let them know that you can supply a film if needed.

Always preview a film before showing it. Not only will you be able to decide if it is appropriate for your program, but you will be able to enhance the program with an introduction and supplementary materials.

FILMS AND VIDEOS BY SUBJECT:

Consumer Education

Brand Names and Labeling Games
Best Investments for Small Savers (video)
Check Fraud: Paper Persuasion
Con Games and Swindles (video)
Consumer Offensive
The Cooling of Summer Heat (video)
Especially for Women (video)
The Food Show
Good Savings--Good Service (video)
How to Keep Heat in Your Home
Killing Us Softly
Marketing the Myth
Opening Your Home to Solar Energy
Over the Counter Drugs
Possum Living
Possum Living (video)
Pre-Retirement Planning (video)
Promises
Saving Energy and Money Too (video)
Seeing Through Commercials

Health and Hygiene

Be Well: The Later Years
Breast Self-Examination
Coping With Life on the Run
Diets for all Reasons
Doc: The Oldest Man in the Sea
The Heart: Attack
The Human Computer
Live or Die
Managing Stress
Medicare-Medicaid: Which is Which?
My Aching Back
Noise is Pollution, Too
Over the Counter Drugs
The Pressure Is On
The RC Method of Smoking Control (video)
The RC Method of Weight Control (video)
The Sleeping Feel Good Movie
The Washing Feel Good Movie

Financial Planning

ABC's of Life Insurance (video)
Best Investments for Small Savers (video)
Creative Financing (video)
Especially for Women (video)
Investments for Seniors (video)
Money Management in Troubled Times (video)
Old and New Investments (video)
Planning Your Estate (video)
Pre-Retirement Planning (video)
Real Estate Investments (video)
Stock Strategies for Individuals (video)
Tax Shelters, Part I (video)
Tax Shelters, Part II (video)
Things You Should Know About Your Financial Institution (video)

Other films available for loan from ODL:

ANTONIA: PORTRAIT OF THE WOMAN
Phoenix Films, 1974, 58 min., color
The story of a deeply warm and affectionate person, Antonia Brico, who as a 73-year-old woman facing adversity and discrimination, seeks the opportunity to lead a major symphony orchestra in a field dominated by men. Her love of music, joy of life, spirit and determination have been captured in this truly powerful film.

ARTHUR AND LILLIE
Pyramid Films, 1975, 30 min., color
Arthur and Lillie Mayer, 89 and 86 and both indefatigably young, live a creative old age. The film is a pictorial interview with the Mayers which includes an interesting look back on film history and the great days of Hollywood showmanship.

BECAUSE SOMEBODY CARES
Northwest Cultural Films, 1974, 27 min., color
Many elderly, when they become homebound or institution bound, lose contact with family and friends. The loneliness that follows can be as devastating as any physical or economic deprivation. The film shows how this painful isolation can be alleviated through the friendship of a volunteer visitor of any age.

BRING BACK MY BONNIE
Filmakers Library, 1982, 51 min., color
The third leading cause of adult death is strokes. This documentary, narrated by Patricia Neal, points out the improved chances for survival and centers on differing experiences of individual victims.

THE CAPTAIN IS A LADY
Carousel Films, 1983, 13 min., color
Captain Grace Hopper, the oldest officer on active duty, is a mathematician and computer specialist. Her humor and clarity of vision make her a popular lecturer. The feisty 76-year-old is the pride of the Navy and an excellent role model.

CLOSE HARMONY
Learning Corp., 1981, 30 min., color
Arlene Symons had a dream of doing something about the isolation suffered by the young and old. The result was an "intergenerational" chorus comprised of "youngsters from nine to ninety." A pen pal program was set up between the two choruses. Through these letters relationships developed. During the final week before the concert, joint rehearsals took place. The first meeting was full of warm embraces, kisses and gifts.

DETOUR
Phoenix Films, 1977, 13 min., color
Focuses on the plight of dying patients in hospitals. Shows how modern medicine is keeping an elderly woman alive, while she struggles to die in peace and dignity.

DON'T MESS WITH BILL
Wombat Productions, 1979, 11 min., color
This octogenarian has developed a self-defense method called "defendo." He travels and sells this method by holding classes. It allows a weaker victim to overcome an attacker with holds that cause great pain, sometimes even forcing the attacker to call the police himself.

GEORGIA O'KEEFE
Films Incorporated, 1977, 24 min., color
Georgia O'Keefe talks freely and candidly about her work and life, revealing a warm, earthy woman full of humor and practical wisdom. Her paintings figure prominently in the film, showing her wide range of subject and style, and how nature has served as inspiration for her work.

JOURNEY TOGETHER
Films Inc., 1979, 22 min., color
Set in a black urban neighborhood during a harsh winter, many senior citizens had to cope with sub-freezing temperatures. This is the story of a young girl who mobilizes her peers to help secure rebates in fuel bills for senior citizens with limited income. The drama is based on the true life accomplishments of 14-year-old Shawn Leach.

LAST OF THE BLUE DEVILS
Bruce Ricker, 1980, 90 min., color/b&w
A film that captures a reunion of the great jazz masters who had their roots in Kansas City during the 20's and 30's when Kansas City was the center of an intense concentration of night life.

LILITH SUMMER
AIMS, 1985, 28 min., color
A story about an unlikely friendship between a young girl and old woman which gradually evolves into mutual acceptance and understanding of the many stages of life. From the book of the same title.

LIVING THE GOOD LIFE
Bullfrog Films, 1977, 30 min., color
Scott and Helen Nearing, ages 93 and 74 are homesteaders in Maine. Before they went back to the land in 1932, he was an economics professor and she, a concert violinist. They built their own house, and continue to grow their own food and cut their own firewood. They share a philosophy of "pay as you go."

LOVE IT LIKE A FOOL
Red Hen Films, 1977, 28 min., color
Follows Malvina Reynolds, 76-year-old writer, singer and activist, as she writes about her attitudes toward aging and dying and her experience as an older woman trying to make it in the pop music world.

LUTHER METKE AT 94
Northwest Cultural Films, 1979, 27 min., color
A portrait of Luther Metke who has lived in the Cascade Mountains of Oregon since 1907. Tells how he was a veteran of the Spanish American War, an early labor organizer, poet, and builder. Today he serves as a vital and lucid example of the rural ethic in America.

MINNIE REMEMBERS
Mass Media Ministries, 1976, 5 min., color
Focuses on the reminiscences of an old woman about the past, contrasting the warmth and love which typified her youth and womanhood with the loneliness and isolation of old age.

NEVER GIVE UP: IMOGEN CUNNINGHAM
Phoenix Films, 1975, 28 min., color
Imogen Cunningham began her career as a photographer in 1901. This inspiring and intimate interview with her reveals the creative energy, spirit, and wit which sustained her in her pursuit of truth and candor in her life as well as in her art.

THE OLD ONES
Center for Mass Communications, 1971, 29 min., b&w
The history of old age assistance programs in Denmark is outlined in this stirring and heartwarming film. The successes and failures in current programs are revealed through interviews with many elderly Danes. Emphasis is put on the social progress which has virtually eliminated poverty and assures the aged of Denmark of adequate housing, food and medical care.

ONE MORE WINTER
Films Inc., 1977, 15 min., color
Sitting on a public bench in Luxembourg Gardens a young man and an old woman begin talking. The man is waiting for a girlfriend he doesn't love; the woman is waiting for an old friend she loves very much. Her friend is married and can only meet her in the warm spring weather. He finally arrives and they have a joyful reunion after one more winter.

OTHER PEOPLE MAKE ME FEEL OLD
OU, 1975, 37 min., color
An instrument for raising consciousness about the problems associated with aging, for raising questions about values, attitudes and beliefs expressed in American society relevant to aging, and for generating ideas and discussion about the quality of life for elderly Americans.

PEEGE
Phoenix Films, 1973, 28 min., color
The story of a young man who comes home from college for Christmas holidays and is able to break through communication barriers and reach his grandmother who has become isolated by age and failing mental and physical capacities.

THE ROSEWOOD DAYDREAM
Films Inc., 1970, 14 min., color
"The Rosewood Daydream," a small group of Canadian musicians in their twenties, describe how they began to visit old folks' homes where they perform without fee.

RUTH STOUT'S GARDEN
Arthur Mokin Productions, 1976, 23 min., color
This film is a journey into the life of a charming nonagenarian who has developed a unique "no dig/no work" method of gardening that also happens to be ecologically perfect. Beyond her gardening accomplishments, Ruth Stout's independence and self-reliance reflect a view of life which is fascinating and inspiring.

SAFETY FOR SENIORS
Handel, 1985, 23 min., color
Stresses the importance of being aware of the hazards that lurk in typical homes. It shows simple safety measures which can be put into action at little or no cost. A red tag alert focuses on hazards present in most kitchens, bathrooms, bedrooms, living rooms and stairways.

SENIOR POWER AND HOW TO USE IT
William Brose Productions, 1975, 10 min., color
This film offers senior citizens non-physical ways to avoid muggings, home break-ins and obscene phone calls. A light-hearted look at the serious subject of crime against the elderly. The film teaches simple techniques to insure their safety.

THE SHOPPING BAG LADY
Learning Corporation, 1975, 21 min., color
Tells how a series of experiences of a group of 14 year old girls make them more sensitive to the needs of elderly people.

A SPECIAL TRADE
Barr Films, 1979, 17 min., color
This award winning film is about friendship and sharing between young and old. Bartholomew was an old man and while Nelly was growing up, he took her for walks every day. As they became older, their special friendship grew. After returning home from a hospital stay, Nelly turns the tables and begins walking Bartholomew around in his wheelchair.

THIS IS MY FRIEND
Allegro Film Productions, 1957, 29 min., b&w
Describes how a volunteer visitor, with guidance from a public welfare agency, helps an elderly woman living in isolation to regain her self confidence and interest in living.

THE WILD GOOSE
Films Inc., 1975, 18 min., b&w
The scenes are short vignettes of nursing home life where people are treated like babies, without dignity. This is contrasted to a spirited man...the wild goose. The film follows him through prank after prank until his glorious breakout from the institution via a powered wheel chair.

OKLAHOMA ORGANIZATIONS

ACTION
200 N.W. 5th, Suite 912
Oklahoma City, OK 73102
(405) 231-5201
The nation's volunteer service agency. Administers and coordinates domestic and international volunteer programs sponsored by the Federal government: VISTA, Retired Senior Volunteer Program, Foster Grandparents, and Senior Companions.

THE AMERICAN HEART ASSOCIATION
Oklahoma Affiliate
P.O. Box 11376
Oklahoma City, OK 73136
(405) 521-9838
Has large amounts of information on heart health. Materials for vertical files, handouts, special programs and other projects are available.

THE ARTHRITIS FOUNDATION
Oklahoma Chapter
3313 Classen Blvd.
Oklahoma City, OK 73118
(405) 521-0066
Dedicated to helping people with arthritis live each day more comfortably and productively while research seeks the cure for this disease. Offers a series of brochures on aspects of arthritis including diet and nutrition and where to go for help. All of the pamphlets are free upon request. The materials would be appropriate for vertical files in a library.

CARRIER ALERT
Oklahoma City metro area
(405) 232-7121 Ext. 36
Postman monitors mailboxes of persons enrolled in project to alert relatives or friends in case of mail pile-up.

CLIENT ASSISTANCE PROGRAM
Oklahoma Office of Handicapped Concerns
4300 N. Lincoln Blvd., Suite 200
Oklahoma City, OK 73105
(405) 521-3756
1-800-522-8224 Voice/TDD
Provides clients and client applicants with assistance in obtaining services under the Rehabilitation Act of 1973, as amended.

ELDERCARE PROGRAM
Oklahoma State Department of Health
P.O. Box 53551
Oklahoma City, OK 73152
(405) 271-4072
Comprehensive program designed to assist Oklahoma's elderly to remain independent within their homes and communities by accessing and obtaining health and social support services necessary to insure individual needs are met in a coordinated manner.

LEGAL AID OF EASTERN OKLAHOMA
23 West 4th Street, #800
Tulsa, OK 74103
(918) 584-3211
Provides pamphlets, etc. free upon request. Topics range from crime prevention to writing a will. Contact your local Area Aging Agency for the Legal Aid office in your area.

LEGAL AID OF WESTERN OKLAHOMA
Senior Citizens Division
2901 Classen Blvd., Suite 110
Oklahoma City, OK 73106
(405) 521-1302
Provides pamphlets, etc. free upon request. Topics range from crime prevention to writing a will. Contact your local Area Aging Agency for the Legal Aid office in your area.

NATIONAL ASSOCIATION OF ACCOUNTANTS
Oklahoma Chapter
(405) 834-4611
Older citizens with fixed incomes may call for advice on general questions such as taxes, investments, budgeting, Medicare and health insurance, starting a business as a second career or similar issues.

OKLAHOMA CANCER INFORMATION LINE
1-800-522-0220 statewide
(405) 271-8181 (Oklahoma City metro area)
Non-profit organization established to help answer questions about cancer, its detection or treatment. Call if you have a concern about yourself or someone else, if you need information about cancer prevention or diet or if you would like to know what kinds of services are available to the cancer patient and the family. Trained volunteers mail follow-up information to callers and they are available to attend health fairs or to present programs at meetings in your area. Call for information, printed materials or to schedule a seminar.

OKLAHOMA COALITION OF CITIZENS WITH DISABILITIES
8308 N.W. 35th
Bethany, OK 73008
A coalition of persons with disabilities; the voice of Oklahoma's Disabled Community speaking out against injustice, neglect, and discrimination at federal, state, and local levels of government.

OKLAHOMA CONSUMER HOTLINE
The Attorney General, Consumer Division
State Capitol
Oklahoma City, OK 73105
(405) 524-4511
Established by the Oklahoma Attorney General's Office to help solve consumer problems. Provides information on mail ordering, buying prescriptions and finding nursing care facilities.

OKLAHOMA LIBRARY FOR THE BLIND AND PHYSICALLY HANDICAPPED
1108 N.E. 36th St.
Oklahoma City, OK 73111
(405) 521-3514
1-800-523-0288
Provides free reading materials, disc and cassette players and radio receivers to persons within the state who are blind, visually impaired, learning disabled or who have a physical disability which makes it difficult or impossible to read normal print.

OKLAHOMA OFFICE OF HANDICAPPED CONCERNS
4300 N. Lincoln, Suite 200
Oklahoma City, OK 73105
(405) 521-3756 Voice/TDD
1-800-522-8224 Voice/TDD
An independent state agency whose purpose is to help state government develop policies and services that meet the needs of Oklahomans with disabilities. Serves as a resource to disabled people who want to present their views and recommendations to the Governor, the state legislature and state agencies.

OKLAHOMA STATE DEPARTMENT OF HEALTH
Chronic Disease and Home Health Care Division
1000 N.E. 10th
Oklahoma City, OK 73152
(405) 271-4072

OKLAHOMA STATE NURSING HOME ASSOCIATION
200 N.E. 28th St.
Oklahoma City, OK 73105
(405) 521-094h
Provides infomation on nursing homes and long term care insurance.

RSVP--RETIRED SENIOR VOLUNTEER PROGRAM
Oklahoma County Chapter
2100 Northeast 52
Oklahoma City, Oklahoma 73111
(405) 737-5255
A nationwide program affiliated with ACTION, the Federal Volunteer Agency. RSVP's mission is to provide meaningful opportunities for persons age 60 and over to participate more fully in the life of their community through significant volunteer service. The secondary mission of RSVP is to help the community as a whole by providing needed volunteer help to nonprofit and community agencies throughout Oklahoma.

SENIOR COMPANIONS
616 N.W. 21st St.
Oklahoma City, OK 73103
(405) 525-3663 or 528-7721
A Federal program that brings together senior citizens in need and senior citizens able to help. The program is in existence in three locations in Oklahoma: Oklahoma City, Tulsa and Miami.

SENIOR HOTLINE
(918) 584-6548
To aid senior citizens in addressing their legal problems. Young Lawyers Division of the Tulsa County Bar Association.

SILVER HAIRED LEGISLATURE
For info. contact your local Area
Agency on Aging or
The Oklahoma Special Unit on Aging
(405) 521-2281
An elected, representative, non-partisan body of citizens 60+ years of age. Elected by persons 60+ years of age. Their objective is to serve the needs of both present and future older Oklahomans.

SOCIAL SECURITY ADMINISTRATION
200 N.W. 5th
Oklahoma City, OK 73102
(405) 231-5441

NOTE: For more resources in your area consult the Areawide Aging Agency or their Senior Services Directory.

OKLAHOMA DEPARTMENT OF HUMAN SERVICES

Oklahoma's Department of Human Services has an entire division of services for the aging. The division covers a wide variety of services and programs for the elderly in Oklahoma. Programs for geriatric day care, adult protective services, home maintenance, meals, transportation, ombudsman and social services are all a part of this agency.

To facilitate the planning of services and programs statewide, Area Agencies on Aging have been established. Each of the eleven areas have individual directors who develop programs, maintain established services and administer state-level projects.

A myriad of pamphlets and brochures are available from DHS. The personnel is familiar with programs and services in the local areas as well as resources for further information and assistance.

Contacting the directors of Area Agencies on Aging can provide an opportunity to establish a network for the flow of information about programs and services for the aged. A list of the Area Aging Agencies and the counties they serve throughout the state follows.

OKLAHOMA AREA AGENCIES ON AGING

DISTRICT 1
Grand Gateway Area Agency on Aging
P.O. Box 330
320 South Wilson
Vinita, OK 74301-0330
(918) 256-6478

Washington-Nowata-Craig-Ottawa
Rogers-Mayes-Delaware Counties

DISTRICT 2
EODD Area Agency on Aging
P.O. Box 1367
800 W. Okmulgee
Muskogee, OK 74401
(918) 682-7891

Wagoner-Cherokee-Adair-Okmulgee
Muskogee-McIntosh-McCurtain Counties

DISTRICT 3
KEDDO Area Agency on Aging
P.O. Box 638
Vo-Tech Admin. Addition
Highway 2
Wilburton, OK 74578
(918) 465-2367

Pittsburg-Haskell-Latimer-LeFlore
Pushmataha-Choctaw-McCurtain Counties

DISTRICT 4
SODA Area Aging Agency, Inc.
16 "E" Street, S.W.
P.O. Box 848
Ardmore, OK 73401
(405) 226-2250

Garvin-Pontotoc-Coal-Murray-Carter
Johnston-Atoka-Love-Marshall
Bryan Counties

DISTRICT 5
COEDD Area Agency on Aging
400 N. Bell
Shawnee, OK 74801
(405) 273-6410

Hughes-Lincoln-Okfuskee-Pawnee
Payne-Pottawatomie-Seminole Counties

DISTRICT 6
Tulsa Area Agency on Aging
Room 1025, 200 Civic Center
Tulsa, OK 74103
(918) 596-7688

Osage-Tulsa-Creek Counties

DISTRICT 7
NODA Area Agency on Aging
1216 W. Willow, Suite A
Enid, OK 73701
(405) 237-4810

Alfalfa-Blaine-Garfield-Grant-Kay
Kingfisher-Major-Noble Counties

DISTRICT 8
Areawide Aging Agency, Inc.
P.O. Box 1474
125 N.W. 5th St.
Oklahoma City, OK 73101
(405) 236-2426

Logan-Canadian-Oklahoma
Cleveland Counties

DISTRICT 9
ASCOG Area Agency on Aging
P.O. Box 1647
802 Main Street
Duncan, OK 73533
(405) 252-0595

Caddo-Comanche-Cotton-Grady
Jefferson-McClain-Stephens
Tillman Counties

DISTRICT 10
SWODA Area Agency on Aging
P.O. Box 569
Industrial Park
420 Kliewer Dr.
Burns Flat, OK 73624
(405) 562-4886

Beckham-Custer-Greer-Harmon
Kiowa-Jackson-Roger Mills
Washita Counties

DISTRICT 11
OEDA Area Agency on Aging
P.O. Box 668
330 Douglas Ave.
Beaver, OK 73932
(405) 625-4531

Cimarron-Texas-Beaver-Harper
Woods-Woodward-Ellis-Dewey Counties

CONTINUING EDUCATION

A change in the state regent's policy on higher education in 1983 allows the **Oklahoma higher education system** to offer classes free of charge to those 65 and over. The free classes must be taken for audit (no credit toward a degree) and are available on a space available basis. For more information contact the state college or university individually and inquire about the Fee Waiver Program for those over 65 years of age.

Elderhostel is a nationwide program that opens the doors of colleges and universities to those age 60 years and older. The organization coordinates low-cost, short-term residential educational programs on college and university campuses. The courses are in the liberal arts and sciences and require no particular level of formal education. For more information contact: Dr. George Arquitt, Director, Oklahoma Elderhostel, Arts and Sciences Extension, Oklahoma State University, Stillwater, Oklahoma 74078 or call (405) 744-6105.

Institute of Lifetime Learning is one of the educational services of AARP's Program Department. The Institute serves as a resource center and national clearinghouse on continuing education for older persons. It publishes educational resource materials for older persons and offers free study materials in print, audio, and video formats for individual or group use. It conducts surveys, initiates workshops, and provides technical help to organizations and institutions interested in developing educational programs for older learners. For more information contact: Institute of Lifetime Learning, AARP, Program Department, 1909 K Street, N.W., Washington, D.C. 20049.

Yarns of Yesteryear is a home study course in reminiscence writing conducted by the University of Wisconsin-Extension. Each of the eight lessons provides clearly written instructions and reminiscence topic assignments. Assignments are completed and returned to the instructor for comments before the next assignment is sent. For more information contact Reminiscence Writing Home Study Course, 610 Langdon Street, Room 722, Madison, Wisconsin 53703.

Moore-Norman Area Vo-Tech offers a "Mature Adult Discount" to all persons 60 years of age and over. They will receive a 50% discount on selected classes. Classes offered include "Writing Your Life Story-A Family Gift." For more information: Moore-Norman Area Vocational-Technical School, 4701 12th Avenue NW, Norman, OK 73069, or call (405) 364-5763.

Rose State College has a Senior Adult Program for those who are permanently retired and over the age of 55. Non-credit classes ranging from aquatics to computers are offered. Participants also receive a student activity card and library borrowing privileges. There is a small fee for classes. For more information contact Continuing Education, Rose State College, 6420 S.E. 15th Street, Midwest City, OK 73110 or call (405) 733-7392.

Southeastern Oklahoma State University, Durant, has an Experienced Americans Program for those over 55. The classes are free of charge and are taught by university professors on the school campus. Topics range from "Current Issues," to "Basic Drawing," to "Basic Computer." For more information contact the Experienced Americans Program, Laura Barker, Southeastern Oklahoma State University, Durant, Oklahoma 74701 or call (405) 924-0121 Ext 416.

Oklahoma State University has a Community Education Center which is designed to assist local school districts in developing and conducting Community Education programs. The Center provides basic information about Community Education to interested groups and individuals. Assistance is provided in understanding the philosophy, development, financing, implementation, and evaluation of the Community Education program and processes. For more information about Community Education write to: Dr. Deke Johnson, Director, Community Education Center, 303 Gundersen Hall, Oklahoma State University, Stillwater, Oklahoma 74078.

Most communities offer classes through their Senior Center or city recreational project. Contact local organizations for more information on programs and projects.

NATIONAL ORGANIZATIONS AND ASSOCIATIONS

ABA COMMISSION ON LEGAL PROBLEMS OF THE ELDERLY
1800 M. Street, N.W.
Washington, D.C. 20036
(202) 331-2297
Established to focus on substantive issues and on the process of delivering legal services. The Commission provides publications and newsletters; a clearinghouse for private bar activities to assist older persons, etc.

ACADEMY FOR EDUCATIONAL DEVELOPMENT
680 Fifth Avenue
New York, NY 10019
(212) 308-1414
Publishes a book, "Never Too Old to Learn." Requests must be written. $5.00.

ACTION
Publication Office
806 Connecticut Avenue, NW
Washington, DC 20525
(202) 634-9108
The nation's volunteer service agency. Administers and coordinates domestic and international volunteer programs sponsored by the Federal government: VISTA, Retired Senior Volunteer Program, Foster Grandparents, and Senior Companions.

ALZHEIMER'S DISEASE AND RELATED DISORDERS ASSOCIATION
70 E. Lake Street-#600
Chicago, IL 60601
1-800-621-0379

AMC CANCER INFORMATION
1-800-525-3777

AMERICAN ASSOCIATION OF ADULT AND CONTINUING EDUCATION
1201 16th Street, NW Suite 230
Washington, DC 20036
(202) 822-7866
AAACE is a national professional organization for adult educators. Categories of membership are available to full time professionals and to part-time teachers. The Association publishes 3 newsletters and journals yearly and does legislative work for the field. An annual conference of over 2,500 people is sponsored by the Association. For further information, mail requests to the attention of Membership Director.

AMERICAN ASSOCIATION OF HOMES FOR THE AGING
1129 20th Street, NW Suite 400
Washington, D.C. 20036
(202) 296-5960
Purpose to provide a unified means of identifying and solving problems in order to protect and advance the interests of the residents served in voluntary nonprofit and governmental homes, housing and health-related facilities for the elderly. Publishes a consumers' guidebook on continuing care homes. $2.00, no postage or handling cost.

AMERICAN ASSOCIATION FOR INTERNATIONAL AGING
1511 K Street NW, Suite 1028
Washington, DC 20005
(202) 638-6815

AMERICAN ASSOCIATION OF RETIRED PERSONS / NATIONAL RETIRED TEACHERS ASSOCIATION
1909 K Street, NW
Washington, DC 20049
(202) 872-4700
For persons 55 years and older, whether or not retired. The nation's largest organization of older Americans with a membership exceeding 17 million. Purpose is to improve every aspect of living for older people. A non-profit, non-partisan organization, AARP serves members through legislative representation, educational and community service programs and direct membership benefits. The AARP also publishes many free materials on subjects related to elderly consumers. Requests must be in writing. Monthly magazine, Modern Maturity for members.

AMERICAN BAR ASSOCIATION
Commission on Legal Problems of the Elderly
1800 M. Street, N.W.
Washington, D.C. 20036

AMERICAN CANCER SOCIETY, INC.
777 Third Avenue
New York, NY 10017
(212) 371-2900
Can be a source of vertical file information and misc. info.

AMERICAN COLLEGE OF SURGEONS
55 E. Erie Street
Chicago, IL 60611
(312) 664-4050
A professional association dedicated to improving the quality of care for surgical patients. Publishes a series of pamphlets for patients facing surgery.

AMERICAN COUNCIL OF THE BLIND
1010 Vermont Avenue NW #11100
Washington, D.C. 20005
(202) 393-3666
Active in all aspects of information and service.

AMERICAN DIABETES ASSOCIATION
P.O. Box 25757
Alexandria, Virginia 22313
(703) 549-1500
Source for statistics, information and publications. Sponsor camps and courses.

AMERICAN GERIATRICS SOCIETY
770 Lexington Avenue, Suite 400
New York, NY 10021
(212) 308-1414
Professional association of physicians interested in the elderly. Aims to promote the study of geriatrics. Publishes a journal and monthly newsletter.

AMERICAN HEART ASSOCIATION
7320 Greenville Avenue
Dallas, TX 75231
(214) 373-6300
Supports research, education and community programs. Issues several publications.

AMERICAN KIDNEY FUND
1-800-638-8299
Incontinence--Kidney Disease

AMERICAN LUNG ASSOCIATION
1720 Broadway
New York, NY 10019
(212) 315-8700
Best known for Christmas Seal campaign. Provides a variety of information.

AMERICAN SENIOR CITIZENS ASSOCIATION
P.O. Box 41
Fayetteville, NC 28302
(919) 323-3641

AMERICAN SOCIETY ON AGING
833 Market Street #512
San Francisco, CA 94103
(415) 543-2617

ARTHRITIS FOUNDATION
1314 Spring Street, N.W.
Atlanta, GA 30309
(404) 872-7100

ARTHRITIS INFORMATION CLEARINGHOUSE
1700 North Moore St., Suite 700
Arlington, VA 22209
(703) 558-4999

ASSOCIATION OF INFORMED SENIOR CITIZENS
333 Pennsylvania Ave., S.E.
Washington, D.C. 20003
(703) 437-7600

ASSOCIATION FOR HEART PATIENTS
1-800-241-6993

ASSOCIATION FOR PEOPLE WITH ARTHRITIS
P.O. Box 954
Hicksville, NY 11802
1-800 323-2243
Publishes Living With Arthritis, a monthly newsletter.

BANK OF AMERICA
P.O. Box 37128
San Francisco, CA 94137
(415) 573-4700
Distributes Consumer Information Reports which consist of twenty-six pamphlets on a variety of financial topics. Several are very helpful to senior citizens. Requests must be written.

BETTER HEARING INSTITUTE
1-800-424-8576

CANCER INFORMATION SERVICE
1-800-4-CANCER
Answers cancer-related questions, sends free materials and makes referrals.

CHILDREN OF AGING PARENTS
2761 Trenton Road
Levittown, PA 19056
(215) 945-6900
Self-help group devoted to the education, support, guidance and development of coping skills of caregivers of the elderly. Offers information, guidance and advice to groups and individuals throughout the U.S. Publishes a newsletter.

CITIZENS FOR BETTER CARE IN NURSING HOMES, HOMES FOR THE AGED AND OTHER AFTER-CARE FACILITIES
1553 Woodward Avenue, Suite 525
Detroit, MI 48226
(312) 664-4050
An advocacy organization to improve the quality of long-term care, services, and facilities for older persons.

CENTER FOR THE STUDY OF AGING
706 Madison Ave.
Albany, NY 12208
(518) 465-6927

CENTER FOR THE STUDY OF AGING AND HUMAN DEVELOPMENT
Duke University
Medical Center
P.O. Box 2003
Durham, NC 27710
(919) 684-2248
Research center concerned with geriatric, assessment procedures; Training Center for geriatric physicians; provides a variety of services relating to geriatrics. Publishes resources on the aging population.

CLEARINGHOUSE ON EMPLOYMENT FOR COORDINATION COUNCIL FOR SENIOR CITIZENS
c/o Senior Citizen's Memorial Center
519 E. Main Street
Durham, NC 27701
(918) 682-8104

COMMISSION ON LEGAL PROBLEMS OF THE ELDERLY
2445 M St., N.W., 8th Fl.,
Washington, D.C. 20037
(202) 331-2297

DAUGHTERS OF THE ELDERLY BRIDGING THE UNKNOWN TOGETHER
c/o Pat Meier
710 Concord St.
Elletsville, IN 47429
(812) 876-5319

DEAFNESS RESEARCH FOUNDATION
9 E. 38th Street, 7th Floor
New York, NY 10016
(212) 684-6556
Offers small grants, and a variety of publications.

EASTER SEAL SOCIETY STROKE CLUBS
National Headquarters
2023 West Ogden Avenue
Chicago, IL 61612
(312) 243-8400

ELDER CRAFTSMEN
135 E. 65th Street
New York, NY 10021
(212) 861-5260
Designed to give the elderly an opportunity to make a positive statement through the medium of crafts and nurture the American craft tradition. Provides a nonprofit outlet for crafts sold on consignment.

ELDERHOSTEL
100 Boylston Street, #400
Boston, MA 02116
(617) 426-7788
International non-profit corporation which coordinates low-cost, short-term, residential educational programs on college and university campuses for individuals 60 years of age and older.

GERONTOLOGICAL SOCIETY OF AMERICA
1275 K. Street, N.W., Suite 350
Washington, D.C. 20005-4006
(202) 842-1275
Large membership of professionals interested in providing improved services to the aging. Offers many journals, publications and a computerized database.

GRAY PANTHERS
311 S. Juniper St., Suite 601
Philadelphia, PA 19107
(215) 545-6555
Activist group that combats the myths of aging and ageism, the discrimination against people on the basis of chronological age. Organizes local groups of young middle-aged and older people to work on local issue of their choosing. Conducts seminars and research on age-related issues.

INTERNATIONAL FEDERATION ON AGING
1133 20th Street, N.W.
Washington, DC 20036
(202) 662-4987

INTERNATIONAL SENIOR CITIZENS ASSOCIATION
1102 S. Crenshaw Blvd.
Los Angeles, CA 90019
(213) 857-6479
Provides coordination of efforts to protect interests and needs of senior citizens worldwide. Represents seniors before the U.N.

LEGAL COUNSEL FOR THE ELDERLY
1909 K Street, N.W.
Washington, D.C. 20049
(202) 662-4933
A national support center which serves as the Long-Term Care Ombudsman and the Legal Services Developer. Their national programs provide: assistance in establishing Legal Hotlines, national support in Protective Services law, publications and free loan of legal materials by mail, etc.

MATURE OUTLOOK
P.O. Box 3096
Arlington Heights, IL 60006
(800) 336-6330
Offers seniors a variety of benefits, services and information. Publishes Mature Outlook magazine.

NATIONAL ALLIANCE OF SENIOR CITIZENS
2525 Wilson Blvd.
Arlington, VA 22201
(703) 528-4380
Represents senior citizens in state legislature and the national level.

NATIONAL ASSOC. OF NUTRITION AND AGING SERVICE PROGRAMS
2663 44th St., S.W., Suite 205
Wyoming, MI 49509
(616) 531-8700
To promote better nutrition in home delivered meals. Sponsors workshops and helps with legislation.

NATIONAL ASSOCIATION OF RETIRED FEDERAL EMPLOYEES
1533 New Hampshire Avenue NW
Washington, D.C. 20036
(202) 234-0832
Seeks to promote the general welfare of civil service retirees and their families. Publishes Retirement Life monthly.

NATIONAL ASSOC. FOR THE ADVANCEMENT OF THE BLACK AGED
150 Michigan Ave., 4th Floor
Detroit, MI 48226
(313) 224-4966
Advocates for elderly blacks in issues of health, law, economics and social concerns.

NATIONAL ASSOCIATION FOR HEARING & SPEECH ACTIONLINE
10801 Rockville Pike
Rockville, MD 20852
1-800-638-8255
Call the 800 number for answers to specific questions and help with referrals. Also distributes pamphlets.

NATIONAL ASSOCIATION FOR VISUALLY HANDICAPPED
22 West 21st Street, 6th Floor
New York, New York 10010
(212) 889-3141
Has a catalog of materials for the visually impaired including book magnifiers, games in large print and craft patterns. Free newsletter for visually handicapped children and lending library for adults.

NATIONAL CANCER INSTITUTE
NIH Bldg. 31, Rm 10A24
Bethesda, MD 20892
1-800-4-CANCER
Publishes Better Nutrition During Cancer Treatment and other publications.

NATIONAL CAUCUS AND CENTER ON THE BLACK AGED
1424 K Street NW #500
Washington, DC 20005
(202) 637-8400
Seeks to improve living conditions for this particular segment of the population.

NATIONAL CENTER FOR HEALTH PROMOTION AND AGING
c/o National Council on the Aging
600 Maryland Ave., S.W., West Wing 100
Washington, D.C. 20024
(202) 479-1200
Helps professionals in health promotion areas and maintains a library of these materials.

NATIONAL CENTER ON ARTS AND THE AGING
c/o National Council on the Aging
600 Maryland Ave., S.W., West Wing 100
Washington, D.C. 20024
(202) 479-1200
Seeks to provide artistic stimulation to the aging and about the aging.

NATIONAL COUNCIL OF SENIOR CITIZENS
925 15th St. N.W.
Washington, D.C. 20005
(202) 347-8800
Publishes Senior Citizens News each month and also has films, reports and other materials.

NATIONAL COUNCIL ON BLACK AGING
Box 51275
Durham, NC 27717
(919) 684-3175
For persons involved in research in this area and also welcomes their manuscripts.

NATIONAL COUNCIL ON THE AGING, INC.
600 Maryland Ave., S.W., West Wing 100
Washington, DC 20024
(202) 479-1200
A non-profit organization committed to the principle that the nation's older people are entitled to lives of dignity, security, physical, mental and social well-being and to full participation in society. NCOA publishes a wide array of materials on aging ranging from the arts and humanities to employment and volunteerism. Write them for a list of publications.

NATIONAL DIABETES INFORMATION CLEARINGHOUSE
Box NDIC
Bethesda, MD 20892
(301) 468-2162

NATIONAL FORUM FOR MIDLIFE AND OLDER WOMEN
Box 816
Stony Brook, NY 11790-0609
Concerned with upgrading the quality of life for women over 40.

NATIONAL HEALTH INFORMATION CLEARINGHOUSE
P.O. Box 1133
Washington, D.C. 20013
1-800-336-4797
Maintains a 500 volume library and offers miscellaneous publications.

NATIONAL HISPANIC COUNCIL ON AGING
2713 Ontario Rd, N.W.
Washington, D.C. 20024
(202) 265-1288
Compiles research data on and fosters the well being of elderly Hispanics in the U.S.

NATIONAL HOSPICE ORGANIZATION
1901 N. Fort Meyer Dr., Suite 1901
Arlington, VA 22209
(703) 243-5900
Promotes the concept of caring for the terminally ill in the home or a home-like setting.

NATIONAL INDIAN COUNCIL ON THE AGING, INC.
P.O. Box 2088
Albuquerque, NM 87103
(505) 242-9505
Publishes Elder Voices and acts as a focal point for services to American Eskimos and natives.

NATIONAL INSTITUTE OF SENIOR CENTERS
c/o National Council on Aging
600 Maryland Ave., S.W., W. Wing 100
Washington, D.C. 20024
(202) 479-1200
Assists in the development and upgrading of senior centers and also sets standards.

NATIONAL REHABILITATION INFORMATION CENTER
8455 Colesville Road, Suite 935
Silver Spring, MO 20910
1-800-346-2742
Maintains a library in the rehabilitation field of physically and mentally disabled persons. Answers reference questions and does database searching.

NATIONAL SENIOR CITIZENS LAW CENTER
2025 M Street, N.W., Suite 400
Washington, D.C. 20036
(202) 887-5280
Focuses on the legal problems of older poor people and provides direct and co-counsel representation to clients and consultation to legal services providers in cases pending before state and federal courts and legislative and administrative bodies. Source for manuals and newsletters.

NATIONAL SENIOR SPORTS ASSOCIATION
1900 M Street NW
Washington, D.C. 20036
(703) 549-6711
Monthly Senior Sports News and helps persons over 50 improve and maintain their interest in sports.

NATIONAL STROKE ASSOCIATION
1420 Ogden St.
Denver, CO 80218
(303) 839-1992
Has information and referral center, library and publications.

OLDER WOMEN'S LEAGUE
730 11th Street NW, Suite 300
Washington, D.C. 20001
(202) 783-6686
Publishes OWL Observer and prepares other educational materials.

PARKINSON'S DISEASE FOUNDATION
William Black Medical Research Building
640 West 168th St.
New York, NY 10032
1-800-457-6676
One of several groups which researches, prepares and distributes information on this subject.

RESOURCES FOR REHABILITATION
33 Bedford Street, Suite 19A
Lexington, MA 02173
(617) 862-6455
A non-profit organization that provides training and information to professionals who serve individuals with disabilities.

RSVP--RETIRED SENIOR VOLUNTEER PROGRAM
ACTION/VISTA
806 Connecticut Avenue NW
Washington, D.C. 20525
(202) 634-9353
Purpose is to bring retired persons over 60 back into doing voluntary community service.

SCORE-SERVICE CORPS OF RETIRED EXECUTIVES
ACTION/VISTA
806 Connecticut Avenue NW
Washington, D.C. 20525
(202) 653-6279
Purpose is to provide free management assistance to new small businesses through the use of retired, volunteer business persons.

THE CENTER FOR SOCIAL GERONTOLOGY
117 North First St., Suite 204
Ann Arbor, MI 48104
(313) 665-1126
Serves as a national support center in law and aging, providing support in substantive areas of law and on various aspects of legal services delivery. Source for training and practice manuals, and newsletters.

U.S. ADMINISTRATION ON AGING
330 Independence Ave., S.W.
Washington, DC 20201
(202) 245-0556
The principal agency designated to carry out the provisions of the Older Americans Act of 1965. Develops programs for elderly, conducts training programs

U.S. SENATE SPECIAL COMMITTEE ON AGING
SD-G31 Dirksen Senate Office Building
Washington, DC 20510
(202) 224-5364
Source for several publications of help to the elderly. Topics include insurance, income taxes and Medicare.

WIDOWED PERSONS SERVICE
1909 K Street, N.W.
Washington, D.C. 20049
(202) 728-4370
Publishes a booklet On Being Alone and other publications. Also uses volunteers who have been "alone" at least 18 months to support the newly bereaved.

FOR INFORMATION ABOUT THE RIGHTS OF OLDER WORKERS AND THE PROSPECTS AND PROBLEMS OF EMPLOYMENT IN LATER LIFE

Operation Able
(Coordinates a network of more than 45 groups)
36 S. Wabash Ave., Suite 1133
Chicago, IL 60603

Office of National Programs for Older Workers
U.S. Department of Labor
Employment and Training Administration
601 D St., NW, Room 6122
Washington, D.C. 20213

U.S. House of Representatives
Select Committee on Aging
Room 712, HOB Annex 1
Washington, DC 20515

U.S. Senate
Special Committee on Aging
Room G-33, DSOB
Washington, DC 20510

Work in America Institute
700 White Plains Rd.
Scarsdale, NY 10583

National Association of Area Agencies on Aging
600 Maryland Ave., SW , Suite 208 West
Washington, D.C. 20507

Equal Employment Opportunity Commission
2401 E St., N.W.
Washington, D.C. 20507

Worker Equity Initiative Department
American Association of Retired Persons
1909 K St., N.W.
Washington, D.C. 20049

TAKE NOTE OF THESE

The following resources were referred to previously in the notebook:

AMERICAN LIBRARY ASSOCIATION
Reference and Adult Services Division
Committee on Library Services to an Aging Population
50 E. Huron Street
Chicago, IL 60601
1-800-545-2433

OKLAHOMA SENIOR CLASSIC GAMES
Sponsored by Oklahoma City Community College
P.O. Box 760420
Oklahoma City, OK 73176

QUEENS BOROUGH PUBLIC LIBRARY
Library Services to Older Adults
Drama Club for Older Adults
89-11 Merrick Boulevard
Jamaica, NY 11432
(718) 990-0700

SAMUEL FRENCH, INC.
One-act and full-length plays for older adults.
Write for a catalog.
45 West 25th St.
New York City, New York 10010
(212) 206-8990

SOUTH BEND PUBLIC LIBRARY
"50 Year Patron" campaign
122 West Wayne Street
South Bend, Indiana 46601
(219) 282-4646

LARGE PRINT BOOK PUBLISHERS

Baker & Taylor
Midwest Division
501 S. Gladiolus Street
Momence, IL 60954
(815) 472-2444
1-800-435-1845

Doubleday & Co.
Large Print Home Library
501 Franklin Ave.
Garden City, NY 11530
(516) 294-4400

G.K. Hall & Co
70 Lincoln St.
Boston, MA 02111
1-800-343-2806

John Curley and Associates, Inc.
P.O. Box 37
South Yarmouth, MA 02664
1-800-621-0182

ISIS Books, Inc.
ABC-CLIO Publishers
180 Cook Street #214
Denver, CO 80206
1-800-422-2546

Thorndike Large Print Books
One Mile Road
P.O. Box 157
Thorndike, Maine 04986
1-800-223-6121

Ulverscroft Publishers, Inc.
Box 3055
Stamford, CT 06905
(203) 453-2080

Walker and Company
720 Fifth Avenue
New York, NY 10019
(212) 265-3632

A special Large-Type Edition with selected articles from **Reader's Digest** is published by **Reader's Digest Fund for the Blind, Inc.** For subscription information contact **Reader's Digest Fund for the Blind, Inc.**, Pleasantville, New York 10570.

Walker and Company have a series of large print religious and inspirational books. The books are sewn to lie flat for reading. Twenty-seven titles were printed for the initial distribution. For more information contact Walker and Company, 720 Fifth Ave., New York, NY 10019.

Note: For other resources for the visually impaired contact the National Association for Visually Handicapped.

BOOKS ON CASSETTE

Audio Press
930 Sherman Street #101
Denver, CO 80203
(303) 665-3201

Bantam Books, Inc.
666 Fifth Avenue
New York, NY 10103
1-800-323-9872

Books on Tape, Inc.
P.O. Box 7900
Newport Beach, CA 92660
1-800-626-333

Caedmon
1995 Broadway
New York, NY 10023
1-800-223-0420

Listen for Pleasure
1 Columba Drive
Niagara Falls, NY 14305
(716) 298-5991

National Public Radio
2025 M Street N.W.
Washington, D.C. 20036
(202) 822-2000

Random Audiobooks
201 E. 50th Street
New York, NY 10022
1-800-638-6460

Recorded Books, Inc.
270 Skipjack Road
Prince Frederick, MD 20678
1-800-638-1304

Recordings for the Blind
20 Roszel Road
Princeton, NJ 08540
(609) 452-0606

Sound Ideas Unlimited
417 Center Street
Lewiston, NY 14092
1-800-421-0286

Spoken Arts, Inc.
310 North Avenue
New Rochelle, NY 10801
(914) 636-5482

Warner Audio Publishing, Inc.
105 Fifth Avenue, Suite 6A
New York, NY 10003
(212) 334-1250

Oklahoma Library for the Blind and Physically Handicapped
1108 NE 36th Street
Oklahoma City, OK 73111
1-800-523-0288
Free library services to persons within the state of Oklahoma who are blind, visually impaired, learning disabled or who have a physical disability which makes it difficult or impossible to read normal print. Call or write for an application form for individual patrons.

RESOURCES FOR INTERGENERATIONAL PROGRAMMING

Caney, Steven. **Steven Caney's Kid's America.** Workman, 1978.
Introduces aspects of American life from the colonial period to the present. Suggests such activities as handicraft projects, genealogy searches and games.

Department of Education. **Don't Stop the Music.** Oklahoma State Department of Education, 1982.
A unit study of older Americans for kindergarten through sixth grade. May possibly still be available from the Curriculum Department of SDE.

Green, Marilyn. **Intergenerational Programming in Libraries.** South Bay Cooperative Library System, 1982.
A manual of program ideas and resources and tips for including senior citizens in all phases of programming. Available from ODL on Interlibrary Loan.

Kobrin, Beverly. **Eye-openers!** Viking, 1988.
A bibliography of non-fiction books to use with children. Includes program ideas. Has a section of "Grandparents."

Children Today, Oklahoma Yesterday. Harn Homestead and 1889er Museum, 1989.
Activities in Territorial Oklahoma History for elementary teachers but could be adapted for use in public libraries. Available from the Harn House in Oklahoma City (405) 235-4058. All public libraries will be receiving a copy.

Slaybaugh, Charles. **The Grandparents' Catalog.** Doubleday, 1986.
An idea book for family sharing--program ideas, books, toys and gifts.

RESOURCES FOR GAMES, ACTIVITIES & PROGRAMMING MATERIALS

ACTIVITIES AND APPROACHES FOR ALZHEIMER'S
P.O. Box 1817
St. Simon's Island, GA 31522
Activities, games for Alzheimer's victims.

AMERICAN ASSOCIATION OF HOMES FOR THE AGING
Suite 400, 1129 20th Street, NW
Washington, DC 20036-3489
(202) 296-5960
Books, pamphlets, promotional materials. Subjects: Alzheimer's frail elderly.

AMERICAN FOUNDATION FOR THE BLIND
15 West 16th Street
New York, NY 10011
(201) 862-8838
Games, recreational items

AMERICAN HEALTH CARE ASSOCIATION
P.O. Box 15597
Baltimore, MD 21298
1-800-321-0343
Books on activities, Alzheimer's, drama, creative activities.

BI-FOLKAL PRODUCTIONS, INC.
911 Williamson
Madison, WI 53703
(608) 251-2818
Multi-media, multi-sensory programming with elderly. Also Visit Kits, slides and other reminiscence tools.

BRIGGS
7887 University Blvd.
P.O. Box 1698
Des Moines, IA 50306
1-800-247-2343
Board games, music, craft materials, recreation/therapy.

CENTER FOR THE STUDY OF AGING
706 Madison Ave.
Albany, NY 12208
(518) 465-6927
Materials on aging, including books, tapes on recreation, sports, games.

COTTAGE BOOKS
P.O. Box 2071
Silver Spring, MD 20902
(301) 649-5433
Activity materials for elderly.

ELDERGAMES
11710 Hunter's Lane
Rockville, MD 20852
(301) 881--8433
Games, activities specifically developed for Alzheimer victims.

HOMEBOUND RESOURCES, LTD.
8101 Cameron Rd., #104
P.O. Box 140123
Austin, TX 78714
Games, music, recreation, reminiscence materials for frail elderly.

INDEPENDENT LIVING AIDS
27 East Mall
Plainview, NY 11803
1-800-537-2118
Games for the visually impaired.

MMB MUSIC, INC.
10370 Page Industrial Blvd.
St. Louis, MO 63132
(314) 427-5660
Creative therapy: music, dance, art, drama for hearing and visually impaired physically handicapped and frail elderly.

MAXI-AIDS
86-30 102nd Street
Richmond Hill, NY 11418
Recreation for blind and low vision individuals.

MEDICAL AND ACTIVITIES SALES
P.O. Box 4068
Omaha, NE 68104
1-800-541-9152
Activities materials: books, music, games, promotional materials for elderly and handicapped programs.

PICKETT ENTERPRISES
P.O. Box 68
Prescott, AZ 86302
(602) 778-1896
Games, adaptive devices for games, recreational activities and activity supplies.

POTENTIALS DEVELOPMENT FOR HEALTH AND AGING SERVICES, INC.
775 Main Street, Suite 604
Buffalo, NY 14203
(716) 842-2658
Activity and programming materials, many by activity directors.
Games, elder trivia, reminiscence, Alzheimer's, music.

PRESTA SOUNDS
P.O. Box 4351
Macon, GA 31208
(912) 742-0498
Tapes of nostalgic music-"the old songs." Sing-a-longs. Music for special holidays and occasions. Old-time radio shows.

SEA BAY GAME CO.
P.O. Box 162
Middletown, N.J. 07748
Games and recreational materials for activity programs.

S&S ARTS & CRAFTS
Colchester, CT 06415
1-800-243-3451
Arts, crafts, therapy and recreation supplies.

WORLD WIDE GAMES
Colchester, CT 06415
1-800-243-3451
Games, puzzles and activities.

RESOURCES FOR THE VISUALLY IMPAIRED

AMERICAN FOUNDATION FOR THE BLIND
15 West 16th Street
New York, NY 10011
(201) 862-8838 or
1-800-232-5463
Publications-Catalog and Products for People with Vision Problems

AMERICAN PRINTING HOUSE FOR THE BLIND
1839 Frankfort Ave.
P.O. Box 6085
Louisville, KY 40206
(502) 895-2405

ANN MORRIS ENTERPRISES, INC.
26 Horsheshoe Lane
Levittown, NY 11756
(516) 796-4938

PHILLIP BARTON-VISION SYSTEMS
3911 York Lane
Bowie, MD 20715
(301) 262-3665

COMFORTABLY YOURS
61 West Hunter Ave.
Maywood, NJ 07607
(201) 368-0400

DAZOR MANUFACTURING CORPORATION
Mary Naccarato
4455-99 Duncan Ave.
St. Louis, MO 63110
1-800-345-9103

DR. LEONARD'S HEALTH CARE CATALOG
74-20th Street
Brooklyn, NY 11232
(718) 768-0010

DONEGAN OPTICAL COMPANY, INC.
15549 W. 108th St.
P.O. Box 14308
Lenexa, KS 66215
(913) 492-2500

EDMUND SCIENTIFIC COMPANY
101 E. Gloucester Pike
Barrington, NJ 08007
(609) 547-3488

ESHCENBACH OPTIK OF AMERICA, INC.
25 November Trail
Weston, CT 06883
(203) 227-9409

HEWITT PRINTING CORPORATION
7320 Milwaukee Ave.
Niles, Illinois 60648
(312) 647-8833

HOMEBOUND RESOURCES LTD.
8101 Cameron Rd., #104
P.O. Box 140123
Austin, TX 78714
Caregiver's Catalog

INDEPENDENT LIVING AIDS, INC.
27 East Mall
Plainview, NY 11803
1-800-537-2118
Can-Do Products for Your Active Independent Life

LS&S GROUP
P.O. Box 673
Northbrook, IL 60065
1-800-468-4789
(Catalog) Specializing in Products for the Visually-Impaired

LOW-VISION DEVICES, INC.
540 E. Horatio Ave.
Maitland, FL 32751

LUXO LAMP CORPORATION
P.O. Box 951
Port Chester, NY 10573
1-800-222-5896

MAXI-AIDS
86-30 102nd Street
Richmond Hill, NY 11418
1-800-522-6294

PARISIAN NOVELTY COMPANY
3510 S. Western Blvd.
Chicago, IL 60609
(312) 847-1212

RADIO SHACK
Available at Radio Shack stores
Selected Products for People with Special Needs

SCIENCE PRODUCTS
Box 888
Southeastern, PA
1-800-888-7400
Sensory Aids Resource Guide

SOLUTIONS
P.O. Box 6878
Portland, OR 97228
1-800-342-9988
Products that make Life Easier

TELESENSORY SYSTEMS, INC.
455 N. Bernardo Ave.
Mountain View, CA 94043
(415) 960-0920

TRIAN CORPORATION
177 Telegraph Rd., Suite 302
Bellingham, WA 98226
1-800-628-2828 Ext.558

VISUAL SOLUTIONS, INC.
1918 Washington St.
Davenport, IA 52804
(319) 322-5778
Technology to Keep People Working

VTEK
1625 Olympic Blvd.
Santa Monica, CA 90404
(816) 373-9665

WHAT'S AVAILABLE

FREEBIES

"Greetings from the White House." To have birthday (if over 80) or anniversary (50th+) cards sent from the President and First Lady to your senior patrons, send full name(s), address, date and place of birth (marriage) to: Greeting Office, The White House, Washington, D.C. 20500.

The Golden Age Passport is a free lifetime entrance permit to those parks, monuments, and recreation areas administered by the federal government which charge entrance fees. Individuals must be 62 years of age or older to qualify. It also provides a 50 percent discount on federal use fees charged for facilities and services such as camping, boat launching, parking and so on. Proof of age is required and the Passport is available at most federally operated recreation areas where it may be used.

A set of **25 free bookmarks which give information on deafness** are available from the National Information Center on Deafness. To order a set, send a stamped, self-addressed envelope to: National Information Center on Deafness, 800 Florida Avenue, N.E., Washington, D.C. 20002.

The **Life Insurance Fact Book** is available to libraries, free of charge. The book was first published 40 years ago and has now become the principal source of statistical information about the life insurance business. For more information write to: American Council of Life Insurance, 1001 Pennsylvania Ave., N.W., Washington, D.C. 20004.

"Do It Yourself Again," describes products and materials helpful to the recovering stroke patient. Write: American Heart Association, 7320 Greenville Ave., Dallas, Texas 75231.

"Have You Heard?" includes statistics on the prevalence of hearing impairment, examples of difficult hearing situations, types of hearing aids, shopping for a hearing aid, communication tips, and a list of helpful organizations and literature. Write: American Association of Retired Persons, 1909 K. Street, N.W., Washington, D.C. 20049.

"Home Safety Checklist for Older Consumers" tells how to assess home safety. For single copies call 1-800-638-2772. For multiples, write The Consumer Products Safety Commission, Washington, D.C. 20207.

MONEY SAVERS

The Oklahoma Tourism and Recreation Department offers senior citizens and totally disabled persons a number of discount rates. Individuals must be 62 years of age or older to qualify as a senior citizen. Discounts are available on camping area facilities; swimming pools operated by Tourism and Recreation; tours of Alabaster Caverns (NW Oklahoma); state-operated golf courses; state-owned and operated lodges; and all Oklahoma state park cabins. For more information call the Oklahoma Tourism and Recreation Department at 1-800-652-6552.

The American Association of Retired Persons membership is open to anyone over 50, retired or not and offers numerous services and programs. The yearly membership fee is $5.00 and includes a subscription to *Modern Maturity* as well as discounts on insurance, travel service, free publications, discounts on AARP books and much more! For more information write AARP (see *National Organizations and Associations*).

Mature Outlook is a club specializing in discounts on products and services. *Mature Outlook Magazine* and *Mature Outlook Newsletter* sent in alternating months. Mature Outlook is owned by Sears retail stores and has a $7.50 annual fee which includes spouse. (See *National Organizations and Associations* for address).

McDonalds offers Golden Age Cards for a free drink with a food purchase. They will also sponsor birthday parties and senior bingo nights. Contact your local McDonalds to see if they are involved in these kinds of activities.

The Waldenbooks chain has a 60 Plus Book Club which gives members discounts of 10% on book purchases up to $14.99 and 15% off purchases of $15 or more. Membership is free. For information: The Waldenbooks 60+ Newsletter, 201 High Ridge Rd., Stamford, CT 06904.

FOR THE VISUALLY IMPAIRED

A large print recipe collection is available from **M.J. Ceaser Co.**, 5699 Kanan Road, Agoura, CA 91301 (805/373-0218). Each collection contains 18 original recipes and the entire collection is designed to be hung on the kitchen wall.

Bible Alliance, a non-profit and non-denominational organization, offers the Bible on cassette, free of charge to libraries for use by the visually impaired and the blind. They have recorded the Bible in 25 languages. Bible studies and messages are also available. For more information write: Bible Alliance, Inc., P.O. Box 1549, Bradenton, Florida 33506 or call (813) 748-3031.

For those who like to know more about the Catholic faith, a free course on 10 cassette tapes is available from the **Catholic Inquiry for the Blind**, 228 N. Walnut St., Lansing, MI 48933 (517/342-2500). The course is entitled "Our Second Edition."

The use of reading materials for the blind, visually impaired and learning disabled are available free from the **Oklahoma Library for the Blind and Physically Handicapped.** Qualified applicants may check-out record or cassette players for use with the "talking books." Equipment and materials are mailed free of charge and local librarians may certify to the need of their patrons.

Enlargers for your home TV are available from **New Concepts Marketing, Inc.**, P.O. Box 261, Port Richey, FL 34673-0261 (813/842-3231). The BEAMSCOPE and VIDCOM utilize a diamond cut Fresnel lens that can enlarge the screen up to four times, depending on the size of the TV monitor. Distortion is claimed to be minimal; however, we must inform purchasers that, for many with visual impairment, these devices do not supply adequate contrast. This company also has the COMPU-LENZ for use with computer screens. This device will increase the VDT character size with a high quality Fresnel lens and utilizes an OCLI glare filter for glare reduction. There are also several other companies in the country that carry the BEAMSCOPE. We do suggest that, prior to purchase, the individual should have an opportunity to test it to make certain that it will be beneficial.

At long last, additional games designed for the low vision person are now available. **Presents To Go**, P.O. Box 5034, 611 Riverside Drive, Vancouver, WA 98668 (206/695-7590) has a selection of Chess, Backgammon and Aggravation (like Parcheesi). The company also makes a large print Tic Tac Toe and Tic Tac Toe Plus - these two games are available from the National Association for Visually Handicapped (see *National Organizations and Associations*).

A large print edition of the Five Books of Moses (Torah) in five 9x12", spiral bound volumes is available - free of charge - from the **Jewish Braille Institute**, 110 East 30th Street, New York, NY 10016 (212/889-2525).

The University Center of Aging, U of MA Medical Center, 55 Lake Avenue N, Worcester, MA 01655 (617/856-6506) is offering "Sensory Technology Information Service." This service offers access, through a data base, to specific newsletters, organizations, books and other special services for the sensory impaired. This information is free to the disabled, and a small fee is charged to organizations, vendors and non-disabled users.

For craftsmen, an audio form of the **Studio Potter**, a magazine for people in the ceramic field, is now available in cassette form (4-6 tapes, lasting 90 minutes each). A hobby of ceramics is very rewarding, and these tapes can be very useful. Write to Audio Potter, Box 70, Goffstown, NH 03045. The cost is $15 for one year, $28 for two years, and back issues are $7.50 each.

Ann Morris Enterprises, Inc., 26 Horseshoe Lane, Levittown, NY 11756 (516/796-4938) is offering a **Portable Tone Indexer.** It can be used to mark the location of pages or notes on tapes while recording with any recorder. The tone is audible during the fast forward and rewind mode on any recorder or player which has cue/review function.

The Oklahoma Department of Human Services--Library for the Blind in cooperation with area radio stations brings the news, current events and the world into the homes of the blind and elderly. **Radio for the Blind** is broadcast from: KCSC in Edmond; KTFX in Tulsa; and KOSU in Stillwater. This radio system is a "closed" system, thus requiring a subscription. For more information call (405) 521-3514.